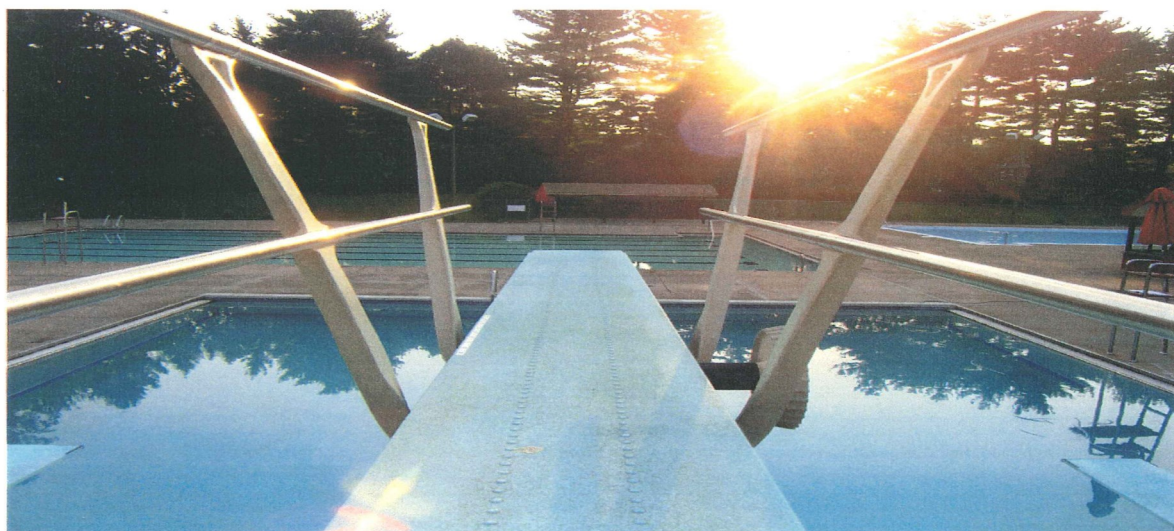


LEXINGTON RECREATION AND COMMUNITY PROGRAMS

SPRING & SUMMER 2017 PROGRAM BROCHURE



**Town of Lexington Recreation and Community Programs Department
(Located at the Lexington Community Center)**

39 Marrett Road, Lexington, MA 02421

Recreation and Community Programs: (781) 698-4800

Lexington Community Center: (781) 698-4870

Cancellation Line: (781) 698-4810

Email: recdept@lexingtonma.gov

Website and to register: www.lexingtonma.gov/recreation-and-community-programs



LIKE AND FOLLOW US ON FACEBOOK!!

<https://www.facebook.com/lexreccommunitycenter>



Spring & Summer Program Registration Begins on Monday, March 6, 2017



GENERAL INFORMATION

Mission Statement

The Lexington Recreation and Community Programs Department strives to provide affordable, quality programs meeting the needs of the community. We are committed to providing active and passive leisure opportunities that are educational, fun and life-enriching. The Department promotes participation by all Lexington residents in safe, accessible, and well-maintained facilities.

Recreation Committee

Rick DeAngelis, Chair
Lisah Rhodes, Vice Chair
Jason Denoncourt
Sandra Shaw
Ruixi Yuan

Recreation and Community Programs Full-Time Staff

Melissa Battite, CPRP — Director of Recreation and Community Programs
Peter Coleman, CPRP, CPSI — Assistant Director of Recreation
Tyler Radicioni — Recreation Supervisor
Donna Dutton — Administrative Assistant
Cherie Robinson — Recreation Municipal Assistant
Sheila Butts — Community Center Director
Thomas Romano — Youth and Family Program Coordinator
Melinda Spencer — Community Center Office Manager
Ann McKean — Community Center Municipal Assistant

Enterprise Fund

The department has operated as an Enterprise Fund since 1991. Recreation programs are self-supported by setting fees to cover all expenses. The Director of Recreation and Community Programs, through the Recreation Committee, sets fees with the approval of the Board of Selectmen. The Recreation and Community Programs operating budget supports staff who manage and deliver recreation programs along with the materials and supplies needed to operate these programs. The General Fund supports a portion of the Community Center operation. Surplus revenue generated through the Recreation Enterprise Fund (Recreation, Pine Meadows Golf Club, and Lexington Community Center) helps fund Capital Improvement Projects and financially supports some services provided to the department by other Town departments and payment of \$100,000 per year towards the Lincoln Park debt.

Registration Information

Online registration is the preferred method for all programs **except** swim tag sales. Go to: www.lexingtonma.gov/recreation-and-community-programs. We also accept walk-in registration and mail-in registration as long as space is available. Feel free to familiarize yourself with the website prior to registration. All participants must register, submit payment, and complete the registration form, including the waiver release, to be eligible to participate in a program. Registration for spring and summer programs is first come, first served and will be available online as of **March 6, 2017** at 12:01am. Resident walk-in registration also begins on **March 6, 2017 at 8:30am**. Non-resident walk-in and mail-in registration will begin two weeks after resident registration starts. There is a \$5.00 (youth) or \$10.00 (adult) additional fee for all Recreation Division non-resident program registrations and a \$5.00 additional fee for all Community Center non-resident program registrations with a Community Center membership. We accept cash, check, MasterCard, VISA, or Discover for mail-in or walk-in registration; credit cards only for online registration.

Refund Policy

The Lexington Recreation and Community Programs Department reserves the right to cancel, postpone, or combine programs. Every effort will be made to notify participants if a program has been canceled, changed, postponed or relocated due to space availability. Programs are subject to change in personnel. The Recreation and Community Programs Department does not confirm program registrations. **You must be pre-registered to attend all programs.**

- All refunds will be issued in the form of a check from the Town Treasurer's office. **Refunds to credit cards are not permitted.** Please allow approximately 3—4 weeks for processing of refunds.
- If insufficient enrollment causes an activity to be canceled, participants will receive a full refund.
- Refunds, less the minimum \$10.00 non-refundable deposit*, may be given to a participant who withdraws from a program **two weeks** or more prior to the start of the program. To be eligible for a refund, the request must be in the form of a letter or email to the Recreation and Community Programs Department stating the reason for withdrawing, the participant's name and address, and the name of the program.
- Refunds may be given for medical reasons which arise less than two weeks prior to the start of a program. To be eligible for such a refund, the request must be in the form of a letter to the Recreation and Community Programs Department, accompanied by a physician's letter. The minimum \$10.00 non-refundable deposit* will be deducted from the refund. In the event that a medical issue arises after the start of a program, the refund may be prorated.
- In the event of weather cancellations, the Recreation and Community Programs Department will offer make-up sessions. Refunds or credits will not be given if make-up classes are scheduled and held, but a participant is unable to attend.
- Participants who withdraw from a program five business days prior to the start of a program may receive a **credit**, less the minimum \$10.00 non-refundable deposit*, towards another Recreation program provided that a waitlist participant fills the spot and/or the minimum level of participants has been reached.
- Participants who withdraw from a program less than five business days prior to the start of the program are **not eligible for a refund or credit** as program expenses (staffing and supplies, etc.) will have been incurred. Refunds or credits will not be given for early termination of a program by the participant.
- **Program Transfers**—If space allows, participants will be permitted to switch/transfer to another class or program. A \$10.00 processing fee will be assessed and must be paid by check or cash when requesting the transfer. Should the program the participant is transferring into have a higher fee, he/she will be expected to remit the transfer fee and the difference at the time of requesting the transfer.

* **Please note:** Some programs have a different minimum deposit or refund/credit policy, which are noted in the brochure.



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DEPARTMENT ANNOUNCEMENT

After an illustrious and distinguished career, Karen Simmons retired as the Director of Recreation and Community Programs in early February. Karen served the Town of Lexington as the director of the department for nearly 21 years. Her numerous accomplishments include the expansion of the recreational program offerings in the community, overseeing many capital improvement projects to the parks, playgrounds, and the Town's recreation infrastructure. Most notable was Karen's work and oversight at Lincoln Park, the Center Recreation Complex, the reorganization of the department, and the opening of the Lexington Community Center in 2015.

Melissa Battite has been appointed the new Director of Recreation and Community Programs by Carl Valente, Lexington Town Manager. Melissa began working for the Town in late January. Prior to coming to Lexington, Melissa spent her entire professional career working for the Town of Brookline. Melissa began working for the Brookline Recreation Department in 1993. In 2008, she was promoted to the position of Assistant Recreation Director. During her 24 years in Brookline, Melissa oversaw a robust recreational program within the community and its annual operating budget of over \$6,000,000.



Karen Simmons & Melissa Battite

The Recreation and Community Programs Department staff wish Karen a retirement filled with relaxation, good health, and happiness. Please join us in welcoming Melissa to Lexington!



May 13 - 21, 2017

Visit our website for a calendar of FREE events including guided bike rides, walking tours, educational programs for kids and more!
What a glorious morning to leave your car at home!

www.LexBikeWalkBusWeek.org



HELPFUL TELEPHONE NUMBERS, EMAIL, AND WEBSITES

Recreation and Community Programs Department

Recreation and Community Programs Department recdept@lexingtonma.gov (781) 698-4800
 Lexington Community Center (781) 698-4870
 Website/Online Registration www.lexingtonma.gov/recreation-and-community-programs
 Facebook Page  <https://www.facebook.com/lexrecommunitycenter>
 Cancellation Line (781) 698-4810
 Fax Number (781) 861-2747

Lexington Human Services Department www.lexingtonma.gov/human-services (781) 698-4840

Sports Organizations in Lexington

Battle Green Tennis League	www.battlegreentennis.com	Lexington Little League	www.lexingtonlittleleague.org
Lexington—Bedford Youth Hockey	www.lbyh.net	Lexington United Soccer Club	www.lexingtonunited.org
LBH Pop Warner Football	www.lbhpopwarner.com	Lexington Youth Basketball Assoc.	www.lexhoops.com
Lexington Babe Ruth	www.lexington.baberuthonline.com	Lexington Youth Lacrosse	www.lexingtonlax.org
Lexington Blue Sox	www.lexingtonbluesox.com	Lexpressas Women 40+ Soccer	www.lexpressas.org
Lexington Co-Ed Adult Soccer	franco.diaz@att.net	Men's Senior Softball	lexsoftball@gmail.com

Other Helpful Lexington Contacts

Lexington Chamber of Commerce	www.lexingtonchamber.org	(781) 862-2480
Lexington Community Education	www.lexingtoncommunityed.org	(781) 862-8043
LexFUN	www.lexfun.org	
Special Needs Arts Programs, Inc. (SNAP)	info@Snapsing.org	
Visitors' Center	www.lexingtonma.gov/visitors-center	(781) 862-1450

LEXINGTON COMMUNITY CENTER

Hours of Operation: Monday—Friday, 8:00am to 9:00pm; Saturday, 9:00am to 5:00pm
 Sundays and Holidays — Closed

Membership Fees:

Lexington Residents:	FREE
Non-Resident Senior (60+):	\$12.00 per year
Non-Resident Youth (under 18):	\$25.00 per year
Non-Resident Adult (18—59):	\$50.00 per year
Non-Resident Family (2 adults and children living at home)	\$125.00 per year
Non-Resident Adult working for Lexington Business:	\$25.00
Replacement Card:	\$5.00



Schedule changes: The Community Center will be closed for Patriots' Day on Monday, April 17, 2017

When entering and exiting the property, we ask that all drivers be mindful of speed limits, other vehicles, and pedestrians.

Thank you for your continued use and support of the Lexington Community Center!



FAMILY FUN NIGHTS at the Community Center

Co-Sponsored with the Human Services Department

FAMILY MOVIE NIGHT—APRIL 7TH

Come join us for another great Family Movie Night at the Community Center! Bring family, friends, and neighbors. We will be serving popcorn and watching a family friendly movie!

"Walk-ins" are welcome, but pre-registration is required to be guaranteed participation in this event.

Fee: \$5/Family
Ages: All
Date: Friday, April 7th
Time: 6:45–8:45pm
Location: CC Dining Room 139

FAMILY BINGO—MAY 12TH

Bring your friends and family over for another great night of BINGO at the Community Center! Entrance fee includes all your playing needs, light refreshments and snacks, and goes towards prizes during the night.

We will be playing 10 rounds of BINGO so there are many chances to win! "Walk-ins" are welcome, but pre-registration is required to be guaranteed participation in this event.

Fee: \$20/Family
Ages: 5+
Date: Friday, May 12th
Time: 6:30–8:30pm
Location: CC Dining Room 139

FAMILY FEUD—JUNE 9TH

Has your family always wanted to participate in Family Feud? Well now you can! Come to the Community Center with a team up to 6 and be speedy with the buzzer and a quick thinker! Entrance fee covers prizes for the night.

We can't wait for you to join us!

"Walk-ins" are welcome, but pre-registration is required to be guaranteed participation in this event.

Fee: \$10/Team
Ages: 5+
Date: Friday, June 9th
Time: 6:30–8:30pm
Location: CC Dining Room 139

*** Be on the look-out for more Family Fun Nights in our next brochure!**



PARENT/CHILD TOURNAMENTS

BILLIARDS 3-GAME GUARANTEE TOURNAMENT



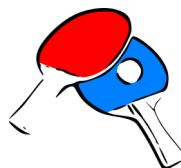
Do you love playing billiards? Do you think you are the best in Lexington? Do you and your friends play but you want to find out who is better? Sign up you and your child for our tournament and prove your skills.

Tournament play will take place over a 3 week period. Sign up your team now. Spaces are limited to 8 teams of 2. The winner may choose a \$25 Amazon gift card or a personalized trophy.

Fee: \$25
Ages: 10–13, 18+
Date: 3 Saturdays, May 6th–20th
Time: 11:00–1:30pm
Location: CC Billiards Room

PING-PONG 3-GAME GUARANTEE TOURNAMENT

Do you love playing ping pong? Do you think you are the best in Lexington? Do you and your friends play but you want to find out who is better? Sign up you and your child for our tournament and prove your skills. Tournament play will take place over a 3 week period. Sign up your team now. Spaces are limited to 8 teams of 2. The winner may choose a \$25 Amazon gift card or a personalized trophy.



Fee: \$25
Ages: 10–13, 18+
Date: 3 Saturdays, May 6th–20th
Time: 2:00–4:30pm
Location: CC Ping Pong Room



APRIL SCHOOL VACATION WEEK PROGRAMS

LEXINGTON COMMUNITY CENTER - APRIL VACATION BREAK PROGRAM



Our April Vacation Break program will run Tuesday, April 18th—Friday, April 21st from 9:00am—3:30pm. You can sign up for a half day (9:00am-12:00pm) or a full day (9:00am-3:30pm). Your child will be participating in group team-building games, various physical activities on the lower lawn of the Community Center, and will be challenged in making fun, useful crafts that they will get to take home every day! At the end of the week, we will be taking a field trip to the AMC movie theater in Burlington!

Fee:	\$100/Half Day \$195/Full Day
Ages:	7—10
Dates:	Tuesday, April 18th— Friday, April 21st
Times:	<u>Half day:</u> 9:00am—12:00pm <u>Full day:</u> 9:00am—3:30pm
Location:	Lexington Community Center

APRIL VACATION CHESS CLINIC

Join U.S. Chess Federation expert **James Della Selva** for the April Vacation Chess Clinic. This program will provide beginner and intermediate chess players with the opportunity to learn more about the game and practice their skills in daily matches. Join with a friend and challenge them every day to see who comes out on top. If you want a real challenge, ask to play against the teacher!



Fee:	\$130
Ages:	6—15
Dates:	Tuesday, April 18th— Friday, April 21st
Time:	10:00am—12:00pm
Location:	CC Room 237 and 217

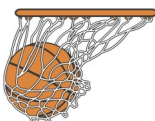
F.A.S.T. ATHLETICS APRIL VACATION SPORTS MANIA



Join us for four fun-filled days of sports and games with our Sports Mania program. All participants will have a great time playing soccer, basketball, flag football, dodgeball, and kickball. The fun continues with hand ball and pillow polo. Each day begins with proper stretching and warm-up games, and follows with the teaching of basic skills in the sports we play that day. More games and tournaments will be featured in this exciting four-day vacation program held in a safe and FUN environment. Please bring a water bottle, snack, and drink. Full day participants should also bring a peanut-free lunch. Be sure to register early!

Fee:	\$125 (half day) / \$175 (full day)
Ages:	7—12
Dates:	Tuesday, April 18th— Friday, April 21st
Times:	9:00am—12:00pm (half day) 9:00am—3:00pm (full day)
Location:	Center Recreation Complex

PREMIER HOOPS APRIL VACATION BASKETBALL CLINIC



During this four-day basketball clinic, led by **Premier Hoops**, participants will learn about and develop their fundamental basketball skills such as ball-handling, passing, shooting, rebounding, and more! Participants will also play mini games that will focus on teaching proper spacing and basic principles for offense and defense. Please bring a basketball, water bottle, and snack.

Fee:	\$165
Ages:	7—17
Dates:	Tuesday, April 18th— Friday, April 21st
Time:	9:00—12:00pm
Location:	Estabrook School Gym

APRIL VACATION ARCHERY CLINIC

Participants will learn to shoot a bow and arrow in the Junior Olympic archery development program under the direction of a certified instructor from **Baystate Archery**. All equipment is provided. Students will progress at their own pace. *Enrollment is limited.*



Fee:	\$110
Ages:	9—14
Dates:	Tuesday, April 18th— Friday, April 21st
Times:	9:00—10:45am <u>or</u> 11:00am—12:45pm
Location:	Lexington Community Center

STONE MEADOW APRIL VACATION JUNIOR GOLF CLINICS

The Lexington Recreation and Community Programs Department and Pine Meadows Golf Club are pleased to partner with Stone Meadow Golf to provide Junior Golf Clinics. These are beginner clinics for kids to learn the fundamentals of the golf swing and gain insight into the wonderful game of golf. **Contact Stone Meadow Golf at (781) 863-0445 to register.**

Fee:	\$150 (payable to Stone Meadow)
Ages:	7—14
Dates:	April 17th—20th (rain date of 4/21)
Times:	9:00—10:00am (ages 7—10) 10:00—11:00am (ages 11—14)
Location:	Stone Meadow Golf, 675 Waltham Street, Lexington



SPRING PRE-SCHOOL, YOUTH & TEEN PROGRAMS

WICKED COOL FOR KIDS—SCIENCE MYSTERIES

Who dunnit? How did you do that? Solve awesome science mysteries by becoming a super science sleuth! Identify mystery powders and unknown concoctions using chemical tests. Dig deep to decode geological clues to see how earth has changed over time. Solve the amazing mystery of the color changing liquid and disappearing water using the power of science!



Fee: \$150
Ages: 6—9
Dates: 6 Wednesdays
 April 26th—May 31st
Time: 4:30—5:30pm
Location: CC Room 230

WICKED COOL FOR KIDS—LEGO ENGINEERING (Engineering Concepts)



Lego engineering teaches basic engineering concepts, problem solving, and teamwork by playing and building with LEGOs. Engineering 'concepts covers basic simple machines and is the foundation for other topics. We investigate gears, pulleys, cams, levers, ratchets, and many other geek-chic topics by building such things as street sweepers, hammers, fishing rods, and scales.

Fee: \$150
Ages: 9—11
Dates: 6 Thursdays
 March 30th—May 11th
 (No class 4/20)
Time: 4:30—5:30pm
Location: CC Room 230

THE ART BOX STUDIO—YOUTH ART CLASS



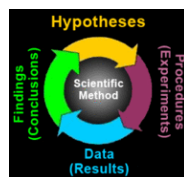
Through self-expression and guided class lessons, students explore art techniques using different media. Students will learn about famous artists while creating their own unique masterpieces. Various mediums such as oil pastels, chalk pastels, charcoal, paint, sculpting, and collage will be used while learning about art elements and techniques.



Fee: \$218
Ages: 8—11
Dates: 8 Saturdays
 April 29th—June 17th
Time: 3:15—4:45pm
Location: CC Room 230

MATH AND ENGINEERING (AGES 5-7)

Join us for a fantastic voyage through the world of science! A hands-on introduction to using the scientific method to research and investigate our world. Students will make interactive take home projects. The class is progressive and students work at their own pace. Your child will come away learning how to problem solve, think creatively, and explain how the world works!



Fee: \$185
Ages: 5—7
Dates: 8 Tuesdays
 April 25th—June 13th
Time: 4:00—5:00pm
Location: CC Room 230

MATH AND ENGINEERING (AGES 8-10)

A creative engineering experience for students! Students will have the opportunity to build and take home projects, while learning logical thinking, problem solving, and scientific concepts in a fun environment. The class is progressive and students work at their own pace. Your child will come away learning how to problem solve, think creatively, and explain how the world works!



Fee: \$185
Ages: 8—10
Dates: 8 Tuesdays
 April 25th—June 13th
Time: 5:15—6:15pm
Location: CC Room 230

COMMUNITIES UNITED PRESENTS—RAISING A READER

Raising a Reader groups are an evidence-based early literacy program that helps families of young children develop, practice, and maintain habits of reading together at home. These are collaborative groups between CUI and Family ACCESS of Newton and are facilitated by Literacy Specialists from the Parent- Child Home Program (PCHP).

For more information, please visit Communities United website at: <http://communitiesunitedcfce.weebly.com/>



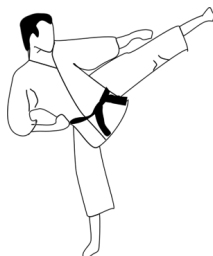
Fee: Free
Ages: 3—5
Dates: 10 Thursdays
 March 23rd—June 1st
 (No Class 4/20)
Time: 10:15—11:00am
Location: CC Room 108



SPRING PRE-SCHOOL, YOUTH & TEEN PROGRAMS

COMBINED MARTIAL ARTS: AGES 5 -7 & 8-12

Join instructor **Charles Crayton Jr., a 6th degree black belt**, for an easier approach on combined martial arts for the younger ones. Your child will come away from the class learning self-defense moves of all kinds, with a sharper mind, balance, patience, and self-discipline.



COMBINED MARTIAL ARTS: AGES 13-18

Join instructor **Charles Crayton Jr., a 6th degree black belt**, for classes in combined martial arts. Come away learning self-defense moves of all kinds, with a sharper mind, balance, patience, and self-discipline.

FUNDAMENTALS OF FENCING

Whether you are new or more experienced, you will learn new techniques and try out the skills in weekly duels and sword games instructed by **Mythquest Edutainment staff**. *Come join the fun in this safe, unique, fun-filled program for 6 weeks! Enrollment is limited to 12.*



Fee: \$85

Ages: 5-7 and 8-12

Dates: 6 Tuesdays

April 11th-May 23rd

(No class 4/18)

Times: 4:30-5:15pm (ages 5-7)

5:15-6:15pm (ages 8-12)

Location: CC Room 006

Fee: \$85

Ages: 13-18

Dates: 6 Thursdays

April 13th-May 25th

(No class 4/20)

Time: 4:30-5:30pm

Location: CC Room 006

Fee: \$108

Ages: 7-14

Dates: Session 1: 6 Tuesdays

April 25th-May 30th

Session 2: 6 Tuesdays

June 6th-July 18th

(No class 7/4)

Time: 6:30-7:30pm

Location: CC Room 230/232

Fee: \$135

Ages: 5-18

Dates: Mondays and Fridays,

April 24th-May 19th

Time: 4:00-5:00pm

Location: 26 Massachusetts Avenue
in Arlington

Fee: \$160

Ages: 10-12 and 13-15

Date: Session 1: 6 Wednesdays

May 10th-June 14th

Session 2: 6 Wednesdays

July 12th-August 16th

Times: 5:00-6:00pm (ages 10-12)

6:00-7:00pm (ages 13-15)

Location: CC Lower Field

YOUTH BRAZILLIAN JIJITSU AT MASS BJJ

This program is an introduction to learning Brazilian Jiu-Jitsu and is a practical approach to self-defense. The techniques of Brazilian Jiu-Jitsu allow for a smaller, weaker person to successfully defend against a larger, stronger assailant by using grappling for leverage with proper technique. Brazilian Jiu-Jitsu has proven so effective that it is being used by UFC fighters, the military and law enforcement as a staple of defensive training. BJJ is also a fun sport to play!! Students will receive a Gi (traditional martial arts uniform) with this program.

BUBBLE SOCCER!!

Bubble Soccer (bubble football) was originally invented by Norwegian friends in 2011. If you are looking for a new and unique form of entertainment that you and your friends will never forget, look no further. Come over to the Community Center for an awesome 2-hour event where you will get to play the awesome sport of Bubble Soccer! Participants will be separated into two groups: grades 4-6 and grades 7-9. We will have music playing, we will keep you hydrated, and it will be a blast! Come by yourself or get all your friends to come and challenge them in the sport where you are not only allowed but encouraged to run into other players! **Please fill out the bubble soccer waiver and bring on the day of the event, thank you.**

<https://nebula.wsimg.com/a67ad97d752f037931b2313e0363a845?AccessKeyId=51B5420BF66AECE23F4A&disposition=0&alloworigin=1>



CC = Community Center

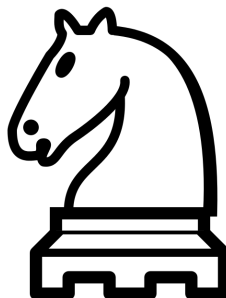


SPRING PRE-SCHOOL, YOUTH & TEEN PROGRAMS

BEGINNER CHESS

Students will join **Jim Della Selva** to begin exploring chess theory and strategies, learning the basics of the game through instruction, play, theory, and group work on chess problems and games.

Class size is limited to 12.



Fee: \$130
Ages: 6–12
Dates: 8 Thursdays
April 27th–June 15th
Time: 4:35–5:45pm
Location: CC Room 217

INTERMEDIATE & ADVANCED CHESS

More experienced youth players will join **Jim Della Selva** to further explore chess theory and strategies. The course will consist of instruction, play, theory, and group work on chess problems and games. *Class size is limited to 12.*

Fee: \$130
Ages: 6–12
Dates: 8 Tuesdays
April 25th–June 13th
Times: Intermediate:
4:35–5:35pm
Advanced:
5:35–6:35pm
Location: CC Room 217

SPRING CHESS CHAMPIONSHIP

The Lexington Recreation and Community Programs Department proudly presents the 2017 Spring Chess Championship. Students will have the opportunity to play high level tournament chess while learning rules and strategies designed to raise their level of play. The championship will be divided into sections according to age and grade level. All players will receive a trophy or medal according to their performance. The tournament will be directed by **Jim Della Selva** (United States Chess Federation Expert). Rules and strategies will be taught by **Jim Della Selva** and **Bill Richard**. It is an opportunity for serious chess players with little or no tournament experience.



Fee: \$65
Ages: 6–16
Date: Saturday, June 3rd
Time: 10:00am–2:30pm
Location: CC Room 242

BUILDING A WEBSITE—COMPUTER CODING FOR KIDS

Building a website teaches students the fundamentals of computer coding that will let them build a real functioning web site from scratch. The lessons are geared toward creating something fun and interesting for the students. The motivation to create drives hands-on learning that culminates with each student having built their own website by the end of class. Fee includes laptop use for the class so no need to bring one.



Fee: \$345
Ages: 9–13 and 14–18
Date: 8 Thursdays
April 27th–June 15th
Times: 4:00–5:00pm (ages 14–18)
5:15–6:15pm (ages 9–13)
Location: CC Room 242

BOSTON INTERNATIONAL KIDS FILM FESTIVAL PRESENTS...

After School Filmmaking for Middle Schoolers

In this class, students can bring their creative ideas to fruition in a fun, collaborative, and exciting environment. Students will learn skills in scriptwriting, storyboard sketching, character development, improvisation, and camera skills. Together, the group will write, shoot, and edit a film in a genre of their choosing. Students will learn to edit their films using professional editing software like Final Cut Pro.

Fee: \$300
Ages: 11–14
Dates: 10 Thursdays
April 6th–June 15th
(No class 4/20)
Time: 3:30–5:00pm
Location: CC Room 237



SPRING PRE-SCHOOL, YOUTH & TEEN PROGRAMS

SPROUTING MELODIES 3

Between 18 months and 3 years of age, each day is an adventure full of growth and exploration! Songs become learned and mastered, and young children want to show off their new skills and independence. Within our music experiences, Sprouting Melodies 3 provides the routine that toddlers crave yet provides the freedom and creativity for children to grow in self-expression and to build social relationships with their peers in music. Through instrument play, movement and singing songs, children in this group will be supported as they move through their own personal journey of social, emotional, physical, and cognitive growth. Class is 45 Minutes long.

Fee:	\$265
Ages:	18 Months—3 years
Dates:	6 Thursdays April 27th—June 1st
Time:	9:00—9:45am
Location:	CC Room 242

LIL' YOGA

The Lil' Yoga program is designed to produce muscle strength, increase flexibility, promote coordination and increase body awareness. Students will enjoy learning yoga using basic postures, including animal poses, through fun games and activities. A few of the poses included in the class will be: snake pose, downward dog pose, owl pose, dolphin pose, frog pose, butterfly pose, and camel pose among many others. Students are expected to know between 30 and 40 poses proficiently by the end of the session. The class will provide healthy ways for students to express themselves through their poses while learning the benefit of body control.

Fee:	\$130
Ages:	3—7
Dates:	10 Mondays March 27nd—June 12th (No class 4/17 & 5/29)
Time:	12:00—12:45pm
Location:	CC Room 006

**Sign up for Lil' Yoga or
Lil' Karate for \$130
each or sign up for
both at a discounted
price of \$250.**

LIL' KARATE

The Lil' Karate program teaches the importance of focus, self-discipline, and respect. In addition, the instructor introduces the "Stranger Danger" conversation. The teacher will talk to the students about what to do if a stranger approaches them and how he/she can defend themselves. In each class there will be new punches, kicks, and blocks learned. Students will also learn how to practice with partners and how to develop confidence to perform their karate moves in front of the class. At the conclusion of each lesson, depending on behavior, the children play a different karate-themed game that focuses on teamwork.



Fee:	\$130
Ages:	3—5
Dates:	10 Mondays March 27th—June 12th (No class 4/17 & 5/29)
Time:	11:00—11:45am
Location:	CC Room 006

KIDS YOGA

Yoga for Kids is specifically and age appropriately designed to introduce children to calming strategies they can implement in any setting using the practice of yoga, visualization, and mindfulness techniques. Higher-level energy games and activities are interspersed with yoga-based poses, stretches, and visualizations aimed at improving physical fitness, strength, and flexibility as well as beginning to introduce mental and emotional calming strategies to increase focus and decrease stress. The environment promotes learning, relaxing, and developing life skills for wellness. Per the age, class is active and incorporates yoga throughout.

Fee:	\$145
Ages:	8—10
Dates:	10 Thursdays April 6th—June 15th (No class 4/20)
Time:	1:45—2:45pm
Location:	CC Room 242



SPRING PRE-SCHOOL, YOUTH & TEEN PROGRAMS

VIKING PRE-SCHOOL SOCCER



This fun program will give children a chance to learn some basic soccer skills while playing soccer-related games and drills. All classes conclude with a scrimmage. Children should bring their own soccer ball (size 3 or 4), shin guards, sneakers or soccer cleats, and a water bottle. Parents and/or guardians are asked to stay for the 45-minute program and encouraged to participate with their child.

Fee: \$80
Ages: 4 and 5
Dates: 6 Fridays, April 28th—June 2nd
Times: 3:45—4:30pm or 4:45—5:30pm
Location: Muzzey Field

VIKING MULTI-SPORTS CLINIC



Children will be introduced to a fun variety of age-appropriate sports and games each week. Games include dodgeball, capture the flag, soccer, tag, World Cup, team handball, and more! If you're looking for a program that offers a mix of traditional instruction and skill development that is reinforced with a scrimmage, then this Multi-Sports Clinic is for your child! Participants should bring a water bottle.

Fee: \$80
Ages: 4—7
Dates: 6 Wednesdays
April 26th—May 31st
Times: 3:45—4:30pm (ages 4 & 5)
4:45—5:30pm (ages 5—7)
Location: Muzzey Field

F.A.S.T. ATHLETICS PRE-SCHOOL T-BALL



Let's take a walk through the fundamentals of America's favorite pastime. Children will learn the basic skills in fielding, throwing, hitting, and base running. In addition, they will play games such as home run derby, last one standing, and running bases. This is an easy introduction into t-ball where learning and skill development are our priorities. Participants should bring a water bottle. While a glove is not necessary, they may bring one if they would like.



Fee: \$90
Ages: 3—5
Dates: 6 Thursdays
April 27th—June 1st
Times: 3:45—4:30pm or 4:45—5:30pm
Location: Muzzey Field

F.A.S.T. ATHLETICS FLAG FOOTBALL

F.A.S.T. Athletics will teach everyone game strategies, catching techniques, and most importantly how to work together as a team. The students will be able to participate in different situational games such as Red Zone Defense, Fourth and Inches, and the QB Challenge as they learn the importance of fair play. Each class will end with a simulated game broken down into 4 quarters. The coaches will have tons of plays ready to go for their teams! Participants should bring a water bottle.

Fee: \$90
Ages: 7—12
Dates: 6 Tuesdays
April 25th—May 30th
Time: 4:00—5:00pm
Location: Muzzey Field

SKYHAWKS SNAG GOLF



Skyhawks SNAG Golf focuses on building the confidence of young athletes through proper technique and refining the essential skills of the game, such as form, swinging, putting, and body positioning using modified equipment. All equipment is provided. Participants should wear loose fitting clothes and sneakers and bring a water bottle.

Fee: \$108
Ages: 4—7
Dates: 6 Mondays, April 24th—
June 5th (No class 5/29)
Time: 3:45—4:45pm
Location: LCC Lower Field

CHALLENGER TINY TYKES SOCCER



This program, run by the popular **Challenger British Soccer Camps**, is a friendly, low-key introduction to the basics of soccer through games, stories, skill-building activities, and fun. Participants should bring a water bottle. All children will receive a soccer ball and their choice of a soccer uniform, backpack, or a Lenny the Lion stuffed animal.

Fee: \$127
Ages: 2—5
Dates: 6 Sundays, April 23rd—
June 4th (No class 5/28)
Times: 3:00—3:50pm (ages 2 & 3)
4:00—4:50pm (ages 4 & 5)
5:00—5:50pm (ages 4 & 5)
Location: Muzzey Field



SPRING PRE-SCHOOL, YOUTH & TEEN PROGRAMS

BIKE SMART PROGRAM



In partnership with the Lexington Bicycle Advisory Committee, the Friends of Lexington Bikeways, and the Lexington Police Department, the 4th annual Bike Smart program will be offered this year. This program is a part of ***Bike Walk 'n Bus Week*** in Lexington and is designed for children in 4th and 5th grade. Bike Smart classes build rider confidence, whether riding for fun or transportation. Students will learn how to evaluate if their bicycle is safe to ride, proper helmet fit, bicycle handling techniques, signaling, and additional biking skills.

Fee: \$10
Ages: 9–11 (Grades 4 & 5)
Date: Saturday, May 13th
Time: 2:00–4:00pm
Location: Lexington Community Center

LIGHTNING TRACK CLINIC

This 6-week program, led by **Stephen McKenna**, is designed to introduce students to the world of track and field. Participants will learn proper stretching, warm-up and cool-down techniques, and build the necessary skills to participate in our annual end-of-the-season meet. Participants should bring a water bottle.



Fee: \$80
Ages: 7–14
Dates: 6 Wednesdays
April 26th–May 31st
Time: 6:00–7:00pm
Location: Track @ Center Recreation Complex

GIRL POWER HOOPS



Girl Power Hoops is supervised by **Kathryn Robb** and Play to Play staff. This will be a skills and drills clinic with girls empowerment and leadership themes throughout the eight weeks. The girls will rise up as athletes and young leaders through the love of basketball. This program is being offered in partnership with Play to Play, a non-profit organization devoted to empowering girls through the game of basketball. Participants should bring a basketball and a water bottle.

Fee: \$95
Ages: 8–14 (Grades 3–8)
Dates: 8 Mondays, March 20th–
May 15th (No class 4/17)
Time: 6:00–7:15pm
Location: Diamond Middle School Gym

PREMIER HOOPS SPRING BASKETBALL SKILLS CLINIC



This specialized spring basketball skills program is run by **Premier Hoops**. During the course of the program, your child will learn and develop new skills to compliment their in-game performance. Players will practice ball-handling, passing, shooting, footwork, and then play games! Your child will make new friends and gain confidence to make plays in the game. Have fun, stay active, and train with former college and professional basketball players! Participants should bring a basketball and a water bottle.

Fee: \$175
Ages: 4–17
Dates: 8 Thursdays
April 27th–June 15th
Times: 4:00–4:55pm (Ages 4–8)
5:00–5:55pm (Ages 7–12)
6:00–6:55pm (Ages 11–17)
Location: Estabrook School Gym

YOUTH VOLLEYBALL CLINIC



Under the direction of **Anne Chatfield**, LHS Girls Varsity Volleyball Coach, this is an all-skills volleyball clinic that will allow participants to learn and develop the fundamental skills of volleyball, including serving, passing, setting, and hitting. There will be skill-based drills, competition drills, and learning about team concepts. Participants should bring a water bottle each week.

Fee: \$60
Ages: 10–14 (Grades 5–8)
Dates: 6 Tuesdays
April 25th–May 30th
Times: 6:00–6:55pm (Grades 5 & 6)
7:00–7:55pm (Grades 7 & 8)
Location: Estabrook School Gym

SPRING KICKBALL PROGRAM

Join **Premier Youth Sports** and have a blast in this 6-week kickball program! Have fun, make new friends, and play kickball! Each session features 10-15 minutes of dynamic warm-ups and practicing. After this, players will be split into teams and play real kickball games. This program is so fun that your child will be asking you to come back every week. Participants should bring a water bottle.



Fee: \$122
Ages: 7–12
Dates: 6 Tuesdays
April 25th–May 30th
Time: 4:00–5:00pm
Location: Lincoln Park Little League Field



SPRING PRE-SCHOOL, YOUTH & TEEN PROGRAMS

SPRING YOUTH TENNIS LESSONS

The Spring Youth Tennis Lessons, led by **Barry Ndinya**, are designed to introduce children ages 4 to 14 to the life-long sport of tennis. The participants will learn the basic rules of the game and work on stroke development and serves (when appropriate) through drills and games. Lessons are held at the Valley Tennis Courts on Valley Road. *Enrollment is limited to 8 per class.*

AGES 4 & 5

\$60

Dates: 6 Tuesdays, April 25th—May 30th

Times: 4:15—4:45pm or 4:50—5:20pm

AGES 6 & 7

\$60

Dates: 6 Tuesdays, April 25th—May 30th

Time: 5:25—5:55pm

AGES 8 & 9

\$60

Dates: 6 Thursdays, April 27th—June 1st

Time: 4:00—4:30pm

AGES 10 & 11

\$60

Dates: 6 Thursdays, April 27th—June 1st

Time: 4:40—5:10pm



AGES 12—14

\$75

Dates: 6 Thursdays, April 27th—June 1st

Time: 5:15—6:00pm

PUDDLESTOMPERS NATURE EXPLORATION



Led by **PUDDLESTOMPERS Nature Exploration**, explore the wonders of nature this spring with your young naturalist! Learn how flowers grow and dig for worms and other creatures under the soil. Discover the amazing open spaces Lexington has to offer. Weekly classes include hands-on nature exploration, active movement and play, snack, and a story.

Fee: **\$192**
Ages: 2—5 with parent or caregiver
Dates: 8 Wednesdays, April 5th—May 31st (No class 4/19)
Times: 9:30—10:25am (ages 2 & 3)
 10:30—11:25am (ages 3—5)
Location: CC Room 232

YOUTH “LEARN TO FISH” CLINIC

Have you ever wanted to learn how to fish? Now's your chance. Let the **Mass Wildlife Angler Education Program** be your guide. We'll have equipment on hand for use, as well as terminal tackle, and live bait. You'll learn the basics from casting out to baiting up. And the best part—you'll actually be able to fish. So come try your hand at this great pastime, guaranteed to catch some fun! **Please note:** This program is intended for beginners ONLY and children ages 12 and under must be accompanied by an adult.



Fee: **\$10**
Ages: 6—15
 (Children ages 12 & under should be accompanied by an adult)
Date: Wednesday, May 17th
Time: 4:00—6:00pm
Location: Old Reservoir

Pre-Ball

Free

Age: 4 and 5 by 4/30/17 NO YOUNGER

Dates: Saturdays beginning May 6th

Time: 9:00—9:45am

Location: To Be Announced

Led by **Warren Wilson**, this program, now in its **32nd year**, will teach children the basics of baseball. Children must be accompanied by a parent/guardian.

The program is **FREE**, but pre-registration is required. Registration opens on March 20th. To register, go to the Recreation and Community Programs Department website: www.lexingtonma.gov/recreation-and-community-programs.
The program is open to the first 100 children who register.





SPRING PRE-SCHOOL, YOUTH & TEEN PROGRAMS

BUDA SPRING ULTIMATE FRISBEE CLINICS

These ultimate frisbee clinics are led by coaches from the **Boston Ultimate Disc Alliance (BUDA)** and are designed to teach children all they need to know in order to play and have fun. Our programs feature a mix of individual skills work, group games, and drills. They're designed to be fun and very active. All players should bring a water bottle and cleats are recommended for the more advanced groups.

For younger players we will have a new U8 program this spring, as well as the U10 and U12 programs that will teach the basic skills. In the first two weeks of the U14 program, coaches will determine which players are ready for and will benefit from, playing on the select/travel team. U14 sessions will then be divided so that select/travel players can prepare for two half-day local tournaments later in the season. More information will be sent to players and parents at the beginning of the season.

Fee:	\$95 per child / \$70 per child for the U8 program
Dates:	7 Sundays, April 23rd—June 4th
Location:	Diamond Middle School Fields
U8 Program:	1:00—2:00pm
U10 Program:	2:00—3:30pm
U12 Program:	2:00—3:30pm
U14 Program:	3:30—5:00pm



ARCHERY CLINIC

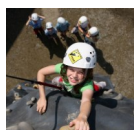


During this five-week program, participants will learn to shoot a bow and arrow in the Junior Olympic archery development program under the direction of a certified instructor from **Baystate Archery**. All equipment is provided. Students will progress at their own pace. *Enrollment is limited.*

Fee:	\$120
Ages:	9—14
Dates:	5 Thursdays May 11th—June 8th
Time:	3:45—5:15pm
Location:	Lexington Community Center

YOUTH ROCK CLIMBING

This 6-week youth rock climbing program will take place at the **Boston Rock Gym** in Woburn in a 2-hour time slot each week. A dedicated group of seasoned instructors will work alongside the participants to help build climbing skills in a supportive and friendly environment. The staff will take care of all the rope management aspects of climbing, so the participants can focus on climbing and having fun! This will be a great activity on early release days this spring!



Fee:	\$170
Ages:	6—12
Dates:	6 Thursdays April 27th—June 1st
Time:	2:00—4:00pm
Location:	Boston Rock Gym, Olympia Avenue in Woburn

TEEN ROCK CLIMBING

This 6-week teen rock climbing program will take place at the **Boston Rock Gym** in Woburn in a 2-hour time slot each week. Climbing is more than just a physical workout. It's an exercise for the mind and soul. Our rock climbing program will explore varying disciplines of climbing, led by a seasoned group of instructors. Each week, topics such as rope management, which allows for independence while climbing, and techniques which will promote progression will be covered. The staff will take care of all the rope management aspects of climbing, so the participants can focus on climbing and having fun!

Fee:	\$170
Ages:	13—18
Dates:	6 Fridays April 28th—June 2nd
Time:	7:00—9:00pm
Location:	Boston Rock Gym, Olympia Avenue in Woburn



SPRING PRE-SCHOOL, YOUTH & TEEN PROGRAMS

ICE SKATING LESSONS AT THE BURLINGTON ICE PALACE

Learn to Skate classes are for participants ages 3 and up who have little to no formal skating experience. Skaters should wear warm, comfortable clothing that allows for movement; waterproof clothing and gloves are strongly recommended for skaters ages 3-6. A helmet (such as a bike helmet) is required and rental skates are available (free of charge) on a first-come, first-served basis. Participants should arrive 15-20 minutes prior to the class start time.

Pre-Tot: Ages 3 & 4 — Instructors use songs, games, toys, and other fun methods to introduce little ones to the ice in a group class setting. Participants must be potty-trained.

Tot 1: Ages 3-6 — For new participants ages 5 to 6 and 3 to 4 years old who have mastered the skills in Pre Tot. Participants must be potty-trained.

Youth 1: Ages 6-12 — Instructors use games and a fun, challenging environment to teach beginning skating elements. These lessons are designed to teach basic motion, balance, and coordination that prepare skaters for hockey or figure skating.

Teen/Adult: Ages 13 and Over — The instructor will encourage the development of balance, coordination, mobility, and other basic skating skills at a comfortable pace. Classes will be divided by ability and/or age if possible.

Dates: 7 Wednesdays, May 3rd—June 14th

Times: 4:30—4:55pm (Pre-Tot and Tot 1)
5:30—6:20pm (Youth 1 and Teen/Adult)

Location: Burlington Ice Palace, 36 Ray Avenue in Burlington

Fee: \$129.00 per person (Pre-Tot and Tot 1)
\$149.00 per person (Youth 1 and Teen/Adult)



SUPER SOCCER STARS SPRING PROGRAMS



Join **Super Soccer Stars** for some soccer fun this spring! Super Soccer Stars will be offering a variety of programs on Monday afternoons, Wednesday mornings, and Saturdays this spring, including their Kick and Play program for children ages 12 to 24 months (which is a parent/child pre-soccer and movement program specifically designed for toddlers), Super Soccer Stars for boys and girls ages 2-7, and their SHINE program, which is designed specifically for individuals with physical and developmental disabilities.

All of these programs will be held at either the Hastings School field, which is located on Crosby Road off Massachusetts Avenue, or at the Muzzey Field, located on Massachusetts Avenue.

PLEASE NOTE: All registration for Super Soccer Stars programs must be done directly through Super Soccer Stars. You may register online by going to: <http://boston.supersoccerstars.com> or you can call (781) 777-7171.

Don't let LOW ENROLLMENT ruin your program! Most program cancellations are due to not enough sign-ups for an instructor to run a class. You should register AT LEAST TWO WEEKS before your program is scheduled to begin.

Don't procrastinate, SIGN UP NOW!

Middle School Early Release Program—Thursday, May 18th

Mini Golf, Bumper Boats, and Ice Cream too!!!



Come along to play mini golf, take a ride on bumper boats, and enjoy homemade ice cream at **Kimball Farm in Westford** on Thursday, May 18, 2017. We will meet you at 11:45am at your school, eat lunch, and board the bus by 12:30pm for the drive to Kimball Farm. Upon arrival at Kimball Farm, we will participate in mini-golf and bumper boat fun and use your ticket for a small ice cream cone. We will depart Kimball Farm by 3:45pm. Your parent/guardian should pick you up between 4:15-4:30pm at your school. For Boston students, you will be supervised at your designated school until the late bus picks you up.

The fee is **\$45.00**. **You will need to bring your lunch to school or you may choose to purchase it at the Kimball Farm Snack Shack.** Some financial assistance is available upon request. Please contact the Recreation and Community Programs Department at (781) 698-4870 for more information.

Middle School Early Release Day Program

Return the form along with your check no later than **Thursday, April 27th** to the **Lexington Recreation and Community Programs Department** at the Lexington Community Center (not your homeroom teacher). Registration will be available online as well. Space is limited, and the trip may be full prior to this date. **Please make check payable to: Town of Lexington.** In order to receive a refund or program credit, you must cancel your child's slot by 4:30pm on **Thursday, May 11th, 2017.**

Name _____ Home Phone _____ Child Cell Phone _____

Parent's Cell Phone _____ Work Phone _____

Address _____ Zip Code _____

Date of Birth _____ M __ F __ Grade _____ School _____

Email Address: _____

If your child has any medical issues or allergies we should be aware of please list here: _____

I/We, the parent(s)/guardians of the above named minor, hereby consent to his/her participation in the Middle School Early Release Program at Kimball Farm in Westford, MA, sponsored by the Town of Lexington. I/We further agree to release and save harmless the Town of Lexington, its officers, employees, agents, and attorney from any and all liability or expense arising out of any injury involving or on account of any injury to above named minor in conjunction with this program.

- Phone/cell phone where parent can be reached on Thursday, May 18th _____
- Or, in the event of an emergency, please call: Name: _____ Phone: _____
- If I cannot be reached in an emergency, I hereby give permission to the Town of Lexington staff to authorize a physician at a local hospital to secure proper treatment for my child as named above.
- I understand that my child will be picked up at his/her middle school and transported to Kimball Farm on a C&W school bus. The trip participants will be dropped off at their designated school for a 4:15pm pick up.
- ***I understand that if the trip to Kimball Farm is canceled because of adverse weather, the participants will be dismissed from their middle school at the early release day time of 11:45am and payment will be refunded or credited to your account.*** Information regarding a weather cancellation will be announced at the middle schools and put on the Recreation and Community Programs Department information line: **(781) 698-4810.**

Parent/Guardian Signature _____ Print name _____ Date _____

Return this registration form with a **check in the amount of \$45.00** payable to the Town of Lexington to:

Lexington Recreation and Community Programs Department, 39 Marrett Road, Lexington, MA 02421

Registration will be available online as well if you prefer this method over a check.

The registration deadline (if space is still available) is Thursday, April 27th, 2017



DROP-IN ACTIVITIES AT THE COMMUNITY CENTER

STRETCH AND BEND

Ages 60+ are invited to come to the Lexington Community Center weekdays at 9:00am to join our 30-minute, volunteer-led exercise program, designed to loosen you up and get you ready for the day!

DROP-IN BRIDGE

Meet your bridge-playing friends at the Center for a cup of coffee, followed by a few games of bridge on **Wednesday** afternoons from 1:00—3:00pm in the Mansion.

BILLIARDS & TABLE TENNIS - Weekdays, 8:00am—8:45pm Saturdays, 9:00am—4:45pm



Drop-in during our normal operating hours and meet old friends or make new friends during a fun game of ping pong or pool. **The rooms are open to all and we gently ask that you limit your use of the tables if others are waiting to play.**



DROP-IN MAH JONGG

Do you like to play Mah Jongg? If so, come on down to the Community Center on **Monday** afternoons from 1:00—3:00pm in the Mansion.

DROP-IN POKER

If you like to play poker but don't want the high stakes, then come over to the Community Center on **Thursday** afternoons in the Mansion.

DROP-IN BOARD GAMES & PUZZLES

Do you like to play **Scrabble**? How about **Chess**, **Checkers**, **Monopoly**, or **Dominoes**? If so, grab a friend and come on down to the Community Center any weekday from 8:00am—8:45pm and Saturday, 9:00am—4:45pm.

CARDIO FITNESS ROOM - Weekdays, 8:00am—8:45pm Saturdays, 9:00am—4:45pm

Do you like the smaller gym atmosphere, but still like the equipment that is at the big gyms? If yes, then come down to the Community Center fitness room where you can use treadmills, ellipticals, stationary bikes, an exercise bike, a stair stepper, dumbbells ranging from 3lbs-50lbs, and a water rower. If you go down the hall to our smaller fitness room, you can find kettlebells and a total body machine with instructions!



GAMES ROOMS (ROOMS 107 AND 108) - Weekdays, 8:00am—8:45pm Saturdays, 9:00am—4:45pm

Do you want to just come to the Community Center to hang out? Then come on by to the games rooms where we have air hockey tables, video game systems, a 60" TV, and board games for everyone to play all day. Bring your friends, family, and neighbors and enjoy a fun day.



SENIOR BINGO

Come over to the Community Center with your friends and neighbors and enjoy many fun games of bingo with our brand new flashboard. Senior Bingo time is every **Friday** afternoon from 1:00—3:30pm in the Community Center Dining Room. See what you can win...because who doesn't like a little extra cash for the weekend!

DROP-IN CORNHOLE Stop by the Community Center on **Tuesday** afternoons from 1:00—3:00pm and join friends for a rousing game of cornhole!

DROP-IN CANASTA Swing by the Mansion on **Thursdays** at 11:00am. Join friends for a game or two or three!



SPRING ADULT PROGRAMS



ADULT PICKLEBALL

Try out the fastest growing sport in the U.S.! Similar to table tennis, badminton, and tennis, it is a fun, active game that can be mastered by anyone. Equipment will be provided and all levels of experience are welcomed. We will be offering separate sessions for Beginners, Advanced Beginners/Intermediate, and Strong Intermediate players this spring! ***Pre-registration is required and space is limited. Register early!***

Fee:	\$60
Ages:	18+
<u>Beginners - Tuesdays, 6:00-7:30pm</u>	
Dates:	10 Tuesdays, April 4th—June 13th (No class 4/18)
<u>Adv. Beg./Intermediate - Thurs., 6:00-7:30pm</u>	
Dates:	10 Thursdays, April 6th—June 15th (No class 4/20)
<u>Strong Intermediates - Thurs., 7:30-9:00pm</u>	
Dates:	10 Thursdays, April 6th—June 15th (No class 4/20)
Location:	Diamond Middle School Gym

SPRING ADULT TENNIS LESSONS

\$80 per person

The Spring Adult Tennis Program is designed to give all players, regardless of ability, the opportunity to learn new skills and/or improve existing ones. The spring session will include 6 lessons. The Thursday evening lessons will be led by **Chew-Hoong Koh** and the Saturday morning lessons will be led by **Barry Ndinya**. The lessons will take place at the Gallagher Tennis Courts #1 and #2 at the Center Recreation Complex on Worthen Road.

Saturday Mornings

Dates: April 29th—June 10th (No class 5/27)
Times: 9:00—10:00am (Beginner)
10:00—11:00am (Advanced Beginner)
11:00am—12:00pm (Intermediate)

Thursday Evenings

Dates: May 4th—June 8th
Times: 6:00—7:00pm (Beginner)
7:00—8:00pm (Advanced Beginner)
8:00—9:00pm (Intermediate)



- **Beginner** — designed for the brand new player or inexperience recreational player. Introduces serve, volley, forehand and backhand strokes, court positions, and tennis terms.
- **Advanced Beginner** — reviews beginner strokes with emphasis on stroke execution. Introduces lob, overhead, scoring, and rules. Students must know the basic strokes and forehand rallying.
- **Intermediate** — for those wishing to perfect their strokes through drills with emphasis on consistency, singles/doubles strategy, and match play.

WOMEN'S FITNESS BOOT CAMP

This popular 11-week fitness program, led by **Paul McManus**, is designed specifically for women and will incorporate upper and lower body weight exercise as well as cardiovascular activities. Band work and many body exercises will be included. All levels of ability are welcome and women should bring a jump rope, an exercise mat, and two 5-10 lb. hand weights.

Fee:	\$95/1 day per week \$175/2 days per week
Ages:	18+
Dates:	Tuesdays and Thursdays April 11th—June 22nd
Time:	6:00—7:00am (Rain or Shine)
Location:	Lincoln #2

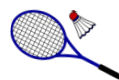
ADULT VOLLEYBALL



Come to the Estabrook School gym for 10 weeks of volleyball. Be sure to tell your friends and neighbors. No instruction is provided. ***Pre-registration is required and space is limited. Register early!***

Fee:	\$50
Ages:	18+
Dates:	10 Wednesdays, April 5th— June 14th (No class 4/19)
Time:	7:00—9:00pm
Location:	Estabrook School Gym

ADULT BADMINTON



Grab your badminton racquet, sign-up with a friend or two, and come join us at the Estabrook School gym for 7 weeks of badminton. No instruction is provided. ***Pre-registration is required and space is limited. Register early!***

Fee:	\$35
Ages:	18+
Dates:	7 Mondays, April 24th— June 12th (No class 5/29)
Time:	7:00—9:00pm
Location:	Estabrook School Gym

MEN'S PICK-UP BASKETBALL



Come to the Diamond Middle School gym for 10 weeks of pick-up basketball. Bring sneakers and a water bottle, and tell your friends and neighbors. ***Pre-registration is required & space is limited. Register early!***

Fee:	\$50
Ages:	18+
Dates:	10 Wednesdays, April 5th— June 14th (No class 4/19)
Time:	8:00—10:00pm
Location:	Diamond Middle School Gym



SPRING ADULT AND 60+ PROGRAMS

DEFENSIVE TECHNIQUES FOR ADULTS BY COMBINED MARTIAL ARTS

Combined Martial Arts, Situational Awareness and Defensive tactics program, will build your self-awareness and provide you with essential self-defense skills. The classes will be in a controlled classroom setting. The instructors and presenters are **Cleveland Coats Jr.**, a retired sergeant for the Massachusetts State Police, FBI National Academy certified instructor. His background includes executive protection, counter terrorism, tactical swat team, and threat risk vulnerability assessment. The other instructor is **Charles S. Crayton Jr.**, the chief instructor of Combined Martial Arts with 30 years experience in law enforcement, part of a regional tactical response team, 30 years as a martial arts instructor, trained in dignitary protection and a AAU karate champion.

Fee: **\$130**
Ages: 18+
Session 1: March 14th—April 4th
Session 2: April 11th—May 9th
Time: 6:30—8:00pm
Location: CC Room 242

R.A.D. WOMEN'S SELF DEFENSE

The Lexington Police Department and the Lexington Recreation and Community Programs Department are proud to be collaborating on this very important Women's Self Defense Program. Over the course of the program, taught by **Lexington Police Officer Charles Crayton**, students will be involved in a discussion of risk reduction strategies, date rape, continuum of survival, defensive strategies and the basic principles of defense. Participants will then begin the process of hands-on training. The program will culminate with students participating in "simulated assault" scenarios at full contact with RAD instructors. Participants should wear loose fitting, comfortable clothing and bring a water bottle to class.

Fee: **\$50**
Ages: 18+
Dates: 4 Wednesdays
 May 3rd—31st
 (No class May 17th)
Time: 5:30—8:30pm
Location: CC Room 237



NEEDLES CLUB

NEEDLES invites you to join us with your needlework projects..... knitting, embroidery, crewel work, needlepoint, sewing, etc. Come share your skills and socialize with others!



Fee: **FREE**
Dates: Mondays, March 20th—
 May 15th (No class 4/17)
Time: 2:00—4:00pm
Location: CC Room 230

ZUMBA GOLD

Zumba Gold is a Latin-inspired dance-fitness party for active older adults, beginners, and anyone who is looking to dance and have a great time without jumping! You'll enjoy easy-to-follow and feel-good routines to international beats. Each routine starts out with basic steps and adds on to each step as the song progresses. This creates the opportunity to add more intensity or lower the intensity level based on each individual's fitness abilities and preferences. **Jessie Liu's** Zumba Gold classes focus on building strength, cardiovascular health, balance, coordination, and flexibility. Each class is not just a chance to work out your body, but also an opportunity to free your mind, make new friends, and just let yourself have a good time!!

Fee: **Session 1: \$80**
Session 2: \$60
Session 1: April 6th—June 1st
 (No class 4/27)
Session 2: June 8th—July 20th
Time: 9:00—10:00am
Location: CC Room 006

"LEX GET FIT!" - CARDIO BOOT CAMP FOR WOMEN

Get in shape before summer at this outdoor boot camp for women! The hour always includes a warm up, stretch, cardio, abs/core, flexibility, strength, and cool down. Every class is different. Take it at your own pace and watch your progress. Join with a friend and have fun while working out together. All levels of fitness welcome. You'll never get bored with stations, circuit training, Tabata style timing, partner activities, some themed classes, and group games. During the 8-week session, you will be introduced to exercises with kettle bells, gliding discs, cordless jump ropes, BOSU balls, resistance bands, stability balls, medicine balls, and more! Wear your sneakers to class and bring your yoga mat, hand weights, and water. If you don't have your own equipment, it will be provided for you or available for purchase. Classes are taught by local fitness instructor **Shannon Amsler**.

Fee: **\$136/1 day per week**
\$256/2 days per week
\$360/3 days per week
Ages: 18+
Dates: Mon., Wed., & Fri.,
 April 24th—June 19th
 (No class 5/29)
Time: 9:15—10:15am
 (Rain or Shine)
Location: Lincoln #2



SPRING ADULT AND 60+ PROGRAMS

BODY CORE—Total Body Fitness

Body Core is a total body workout class that includes low impact-high intensity cardio routines, body-sculpting, core strengthening exercises using the Pilates method, Yoga stretching, and Zumba dance. You will learn to strengthen and sculpt lean muscle, increase flexibility, and improve your posture. Instructor **Ellen Gaies** will show you how to get dancer fit and achieve a stronger body. Please bring a roll-up mat, aerobics style shoes, and hand weights. Optional: bring a large or small fitness ball and handled stretch band. *This class is a great companion piece to the Monday Just Move It Class. Register for both classes for \$144.*



Fee: \$80
Dates: 8 Thursdays
April 6th—May 25th
Time: 6:00—7:30pm
Location: CC Room 006

JUST MOVE IT!

In this class you will move it all from your fingertips to your toes, and everything in between. 60 minutes of Cardio/Zumba routines followed by 30 minutes of Core-Toning with weights, floor work and stretching, plus lots of laughter. Wear comfortable layered workout clothing and sturdy sneakers. Bring refillable water bottle. All equipment provided. Class starts promptly at 6:00pm! **Instructor: Diane Taylor** *This class is a great companion piece to the Thursday Body Core Class. Register for both classes for \$144.*



Fee: \$80
Ages: 18+
Dates: 8 Mondays
April 3rd—June 5th
(No class 4/17 & 5/29)
Time: 6:00—7:30pm
Location: CC Room 006

OSTEOFITNESS—Building Bone Building Bonds

This is a successful evidence-based class targeting osteoporosis that brings results. Build new bone with progressive strength training targeted to the most common osteoporotic sites – spine, hip, and wrists without bisphosphonates. Learn drills that prevent falls and improve mobility, many of which travel well to your home and when you are out and about. Participants will be in a fun and supportive environment where many fitness levels are presented. This class is designed for post-menopausal women who have or who are at risk for osteoporosis and does not exclude men or those who are looking for strengthening and balance development. This class is modeled after “Strong Women Stay Young” and includes all joint-friendly moves as advised by the Arthritis Foundation. **Instructor: BeVerley Ikier** *Please bring your own mat. This session all payments must be made by CHECK only to the Ikier Wellness Center, Inc. Payment must be made prior to the start of the session. Online registration is not allowed.*

Fee: \$115 (1 day)
\$215 (2 days)
Payment by check only must be made to the Ikier Wellness Center, Inc.
Dates: 8 Tuesdays and Fridays
March 21—May 12
Times: 9:15—10:15am (Tuesdays)
9:00—9:55am (Fridays)
Location: CC Room 006

ACTIVE AGERS WORKOUT

This class is a combination of cardio fitness and muscle conditioning with the added elements of yoga and Tai Chi. These styles are blended into movements to help with ones balance, agility and strength and to keep you invigorated for your everyday activities. In addition you will receive instruction about how to execute these exercises, and why we are doing certain movements to enhance your overall fitness experience. Please bring a water bottle. Free weights are provided. Modifications can be made for those who need extra support or a seat occasionally. **Instructor: Carolyn Martin**



Fee: \$70
Ages: 18+
Dates: 10 Wednesdays
March 22nd—May 31st
(No class 4/19)
Time: 11:15am—12:10pm
Location: CC Room 006

FREE REIKI 15 MINUTE SESSIONS

Self-Reiki is a gentle and effective healing and wellness technique that consists of light hand placements to various areas of the body. Beneficial effects include relaxation, an improvement in pain reduction and sleep, more effective healing from surgery or illness, as well as an overall improved sense of well-being. Sessions will last for 15 minutes each. Pre-registration is required.



Fee: FREE
Ages: 18+
Dates: 2 Mondays
March 27th and April 24th
Time: 15 Minutes Sessions from
10:30am—12:30pm
Location: CC Room 123



SPRING ADULT AND 60+ PROGRAMS

MINDFULNESS MEDITATION WORKSHOP—APRIL

Meditation is a time-tested practice of wellness. It is a practice of breath, body and mind. Meditation diminishes accumulated stress and tension. It cultivates peacefulness within each practitioner. Meditation is easy to learn. First we will practice gentle yoga postures to prepare the body for relaxation. Then you will be guided through some breathing techniques and a meditation. The workshop is a perfect way to end the work week and begin the weekend calm and balanced. Please bring a mat and blanket to the workshop.

Instructor: Joan Trubiano

MORNING BEGINNER BRIDGE INSTRUCTION

This 8-week morning course is designed to teach interested adults the basics of Bridge. Instructor **Maureen Bitler** will teach a new topic each week and be available throughout play to answer questions and provide input on your play during practice hands that follow the lesson.

TUESDAY EVENING ZUMBA

Join instructor **Karl Weiland** in this evening dance/fitness class that takes the work out of working out! This cardio/body toning class is very easy to follow and no prior experience is needed. Whether you are just starting/getting back on your fitness journey, or are extremely fit; if you are on a weight loss program, or coming back from an injury, come join the party!



ADULT CRAFT CLUB

Marita Hartshorn is an experienced crafter who is bringing her expertise to the Community Center for adults and seniors to enjoy. We will explore various crafts using recycled materials, beads, polymer clay, felted wool etc. The purpose of the class is to have fun, explore using a variety of materials, challenge our creativity and meet other crafters. Marita is donating her time, creativity and energy! **There is an additional \$3.00 materials fee per class.**

CRYSTAL BOWL MEDITATION WORKSHOP

Come and meditate with certified Reiki Master, **Joan Trubiano**, to the amazing healing sound of the crystal bowls. We will practice very gentle yoga to prepare the body for relaxation. There will be a guided meditation while the bowls are played. Participants should bring a mat and blanket.

WOMEN'S BOXING - BECOMING A KNOCKOUT!



Boxing isn't just about "fighting" - it's a mind set and a sport that will get you into the best shape of your life. The Lexington Community Center is thrilled to present Women's Boxing, led by **USA Boxing Certified trainer/coach Todd Paris**. This program has been specifically designed to include: stretching and warm up exercises, instruction on stance, body positioning, punching techniques, and how to "train like a boxer". You'll get in your push-ups, ab work, and will get in the best shape of your life! This class is only for women (18+) - Fee includes hand wraps and your very own set of boxing gloves!

Fee: \$24
Date: Friday, April 21st
Time: 6:00—7:15pm
Location: CC Room 242

Fee: \$128
Dates: 8 Tuesdays
April 4th—May 30th
(No class 4/18)
Time: 9:30—11:30am
Location: CC Room 242

Fee: \$100
Dates: 10 Tuesdays
April 4th—June 6th
Time: 6:30—7:30pm
Location: CC Room 006

Fee: FREE
(\$3.00 materials fee per class, paid in class)
Dates: 8 Wednesdays
April 5th—May 31st
(No class 4/19)
Time: 10:00am—12:00pm
Location: CC Room 230

Fee: \$24
Date: Friday, May 19th
Time: 6:00—7:15pm
Location: CC Room 242

Fee: **Session 1: \$220**
Session 2: \$135
Ages: 18+
Session 1: 12 Wednesdays
April 12th—July 5th
(No class 4/19)
Session 2: 6 Wednesdays
July 19th—August 23rd
Time: 5:30-6:30pm
Location: CC Room 006



SPRING ADULT AND 60+ PROGRAMS

KUNDALINI YOGA

Kundalini Yoga is one of the schools of Hatha Yoga. It derives its name through focusing on awakening the body's Kundalini (primal) energy. In this class participants, led by **Joan Trubiano**, will practice meditation, pranayama breathing techniques, chanting mantras, and physical postures. Kundalini Yoga is a dynamic practice that awakens the nucleus projection of every cell in the body and builds physical vitality. Form in Kundalini is not as important as the experience of moving the body. This class can be modified for all levels. Please bring a mat, blanket, and water.

Fee: **\$105**
Dates: 8 Mondays
April 3rd—June 5th
(No class 4/17 & 5/29)
Time: 6:00—7:15pm
Location: CC Room 242

TUESDAY BASIC FORMS OF WU STYLE TRADITIONAL TAI CHI

Tai Chi Quan is one kind of internal martial art for both self-defense and health. It is suitable for all ages to practice. The internal martial art is not only focused on self-defense, but also to stimulate your energy and improve your immune system for overall health benefits. The research shows that Tai Chi is very good for improving leg muscle strength and balance function for all ages. Tai Chi Quan is considered as movement meditation. It is not only relaxing for your body, but also your mind. **Instructor: William Tang**

Fee: **\$65**
Dates: 8 Tuesdays
March 21st—June 6th
(No class 4/4, 5/2, 5/9, & 5/23)
Time: 11:00am—12:00pm
Location: CC Room 139

MINDFULNESS MEDITATION WORKSHOP—June

Meditation is a time-tested practice of wellness. It is a practice of breath, body and mind. Meditation diminishes accumulated stress and tension. It cultivates peacefulness within each practitioner. Meditation is easy to learn. First we will practice gentle yoga postures to prepare the body for relaxation. Then you will be guided through some breathing techniques and a meditation. The workshop is a perfect way to end the work week and begin the weekend calm and balanced. Please bring a mat and blanket to the workshop.

Instructor: Joan Trubiano

Fee: **\$24**
Date: Friday, June 16th
Time: 6:00—7:15pm
Location: CC Room 242

ORIENTAL REGIMEN PRACTICE

William Tang is a licensed massage therapist with enriched experience in Traditional Chinese Medicine, as well as Traditional Oriental Regimen Techniques. In this program, he will first teach breathing, relaxing, and mindfulness techniques to build up your inner energy. Then he will teach stretching/motion exercises, and self-massage on meridians and acupuncture points. It is designed to improve blood circulation and enhance body energy, to improve the overall health condition and prevent disease.

Fee: **\$85**
Dates: 6 Saturdays
April 22nd—May 27th
Time: 10:20—11:20am
Location: CC Room 139

WU STYLE BASIC FORMS OF TAI CHI GROUP PRACTICE

People who have attended or are attending the "Wu Style Tai Chi Basics" class can join this group practice program. In the program, individual's posture and movement will be closely monitored and corrected if needed by the instructor, **William Tang**.

Fee: **\$40**
Dates: 6 Tuesdays
March 28th—May 2nd
Time: 7:30—8:30pm
Location: CC Room 139



SPRING ADULT AND 60+ PROGRAMS

TUESDAY EVENING YOGA

Join certified instructor **Keith Herndon** in this physically balanced workout of Yoga on Tuesday or Wednesday evenings at the Lexington Community Center. Yoga is famous for harmonizing mind and body through stretching, breathing, deep relaxation, range of movement, and a calm inner focus. Participants should bring a yoga mat and water bottle.

Fee: \$125
Dates: 10 Tuesdays
March 28th—May 30th
Time: 7:30—8:30pm
Location: CC Room 006

SATURDAY ZUMBA WORKOUT

Join instructor **Karl Weiland** in this Saturday afternoon dance/fitness class that takes the work out of working out! The energizing music uses a variety of Latin, international and pop rhythms, and will have you sweating, smiling, shedding inches and toning up, while protecting your joints, tendons and ligaments! Whether you are just starting or getting back on your fitness journey or are extremely fit or if you are on a weight loss program or coming back from an injury, come join the party!

Fee: \$100
Dates: 10 Saturdays
April 1st—June 17th
(No class 4/15 & 5/27)
Time: 3:00—4:00pm
Location: CC Room 006

STRENGTH TRAINING (Seated and Floor)

This 55-minute class will help you build a stronger, more sculpted body; improve posture and balance, and reduce the risk of osteoporosis. You will also learn proper weight-training techniques, which is key to success. The class begins with a brief warm-up, followed by strength training exercises for all the major muscle groups of the body, both standing and on a mat, and concludes with gentle stretching exercises to increase flexibility and reduce muscle tension. The class is taught by nationally certified exercise instructor **Pearl Pressman** and is designed to accommodate participants of all fitness levels and abilities. Athletic shoes, a mat, and water are recommended.

Fee: \$100
Dates: 10 Tuesdays and
10 Thursdays (20 classes)
March 21st—May 25th
Time: 12:00—12:55pm
Location: CC Room 006

SATURDAY BASIC FORMS OF WU STYLE TRADITIONAL TAI CHI

Tai Chi Quan is one kind of internal martial art for both self-defense and health. It is suitable for all ages to practice. The internal martial art is not only focused on self-defense but also to stimulate your energy and improve your immune system for overall health benefits. The research shows that Tai Chi is very good for improving leg muscle strength and balance function for all ages. Tai Chi Quan is considered as movement meditation. It is not only relaxing for your body, but also your mind. **Instructor: William Tang**

Fee: \$65
Dates: 10 Saturdays
April 22nd—June 24th
Time: 9:10—10:10am
Location: CC Room 139

FIRST AID/CPR/AED FOR THE WORKPLACE

The purpose of this course is to train individuals in the skills necessary to recognize and provide basic care for victims of illness and sudden injuries, and to provide basic care for life threatening or cardiac emergencies in adults and children. ***Recreation & Community Programs Department employees receive a discount when registering for this class. Staff must register in person at the Lexington Community Center or call (781) 698-4870 to register at the employee rate.**

Fee: \$110
Date: Saturday, May 13th
Time: 10:00am—2:00pm
Location: CC Room 139



SPRING LIFETIME PROGRAMS (60+)

BEGINNER TAI CHI

Tai Chi is a 4,000 year old art of meditation and motion. It promotes physical, mental and emotional health by promoting movement as is relaxation as is self defense. Tai Chi warms up muscles and internal organs, promotes safety, loosens joints, improves energy efficiency, enhances breathing and improves posture.

Instructor: Bill Barons

Fee: \$45
Dates: 10 Wednesdays
March 29th—June 7th
(No class 4/19)
Time: 1:30—2:30pm
Location: CC Room 242

INTERMEDIATE TAI CHI

Continue your growth and advance from beginner to intermediate Tai Chi. It promotes physical, mental, and emotional health by promoting movement relaxation and self defense. Tai Chi warms up muscles and internal organs, promotes safety, loosens joints, improves energy efficiency, enhances breathing, and improves posture. **Instructor: Bill Barons**

Fee: \$45
Dates: 10 Wednesdays,
March 29th—June 7th
(No class 4/19)
Time: 2:45—3:45pm
Location: CC Room 242

60+ FITNESS

This class offers a total body fitness by offering exercises for flexibility, toning, balance, endurance, and stretching. There are movements to warm up muscle groups and to relax the mind and body. Free weights are used to promote upper and lower body strength. Resistance bands enhance flexibility training. About 10 minutes of this hour long class are spent doing cardio exercises to build endurance. **Instructors: Amelia Hoffman and Maureen Gaines**

Fee: \$68
Dates: 20 classes (Mon. & Wed.)
March 27th—June 7th
(No class 4/17 & 5/29)
Time: 9:45—10:45am
Location: CC Room 006

GENTLE YOGA

These classes offer traditional yoga practices, including breathing exercises, movements as is poses (postures), relaxation techniques, and meditation. This beginner level class is designed primarily for those over age 60, including individuals who may have some physical limitations or challenges.



Careful attention is paid to warming up while sitting in chairs prior to standing and, eventually, sitting and lying on floor mats. Individuals are encouraged to move slowly and go at their own pace.

Modifications to exercises are provided, as needed, to meet the unique needs of participants. Goals include increased flexibility, strength, circulation, relaxation, peace of mind, and overall wellness. **Instructor: Lisa Groves**

Fee: \$68
Dates: 10 Mondays, March 27th—
June 12th (No class 4/17 & 5/29)
or
10 Fridays, March 31st—
June 9th (No class 4/21)
Times: 2:45—3:50pm (Mondays)
10:45—11:50am (Fridays)
Location: CC Room 242

SEATED STRENGTH TRAINING

This seated class is designed to accommodate individuals of various fitness levels and can be adapted to meet the needs of any participant. The class begins with a thorough warm-up of joints and muscles and is followed by strength training exercises for all of the major muscle groups of the body using hand weights, resistance bands, and body weight. The class concludes with stretching exercises to increase flexibility. **Instructor: Pearl Pressman**



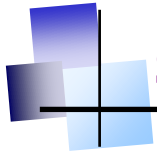
ORIENTAL WELLNESS EXERCISE

This program is to teach people a set of exercise's which can promote their overall health condition. It combines both Oriental and Western Medicine theory. It works from head to toe, including joints movement, mind refreshment, muscle strength, tension release, and energy build up. It has been proved to bring in flexible joints with enhanced range of motion, peaceful mind with mindfulness, stronger muscle with enhanced energy level—a fully refreshed body. After a day-to-day practice, your immune system can be improved.

Instructor: William Tang

Fee: \$68
Dates: 20 classes (Tuesdays and
Thursdays)
March 21st—May 25th
Time: 11:00—11:55am
Location: CC Room 006

Fee: \$40
Dates: Mondays and Wednesdays
April 3rd—May 10th
(No class 4/10, 4/17, 4/19, & 5/3)
Time: 10:55—11:55am
Location: CC Room 242



SPRING LIFETIME PROGRAMS (60+)

MODERATE YOGA

The Moderate Yoga classes build upon the Gentle level, offering traditional yoga practices, breathing exercises, movements, poses (postures), relaxation techniques, and meditation. This class is designed for those over age 60 who are more experienced in the practice of Yoga, including individuals who may have some physical limitations or challenges. **The newly added Monday class will be instructed without the use of chairs.** The Friday class will still use chairs at times each week. **Instructor: Lisa Groves**

Fee:	\$68
Dates:	10 Mondays, March 27th— June 12th (No class 4/17 & 5/29) or 10 Fridays, March 31st—June 9th (No class 4/21)
Times:	1:30—2:35pm (Mondays) 9:30—10:35am (Fridays)
Location:	CC Room 242

FITNESS FRIDAYS

This class is designed for residents 60+ and is a combination of fitness, dance, and yoga. The goal is to improve balance and tone by involving all major muscles of the body. The class uses weight bearing exercises to reduce and prevent osteoporosis and increase overall wellness. **Instructor: Renae Nichols**

Fee:	\$30
Dates:	10 Fridays, April 7th— June 16th (No class 4/20)
Time:	10:00—10:55am
Location:	CC Room 006

LINE DANCING

This popular program teaches a variety of line dances to participants. The instructor demonstrates movements and the class carries out the movements to music. **Instructor: Sam O'Clare**

Fee:	\$30
Dates:	10 Thursdays, March 23rd— June 15th (No class 4/20, 4/27, & 5/18)
Time:	1:30—2:30pm
Location:	CC Room 139

BEGINNER QUILTING

Have you always wanted to learn how to quilt? If so, this class is for you! Begin a sampler quilt or work on smaller projects with other participants. **Instructor: Jane Norberg**

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ABOUT
QUILTING

ADVANCED QUILTING

Explore advanced machine quilting techniques and design sampler type quilts using varied block shapes and sizes. **Instructor: Jane Norberg**



Don't forget to attend the Annual Quilt Show presented by the participants in our Beginner and Advanced Quilting Classes on Thursday, May 18th in the Dining Room at the Lexington Community Center between 10:00am and 3:00pm.

Fee:	\$60
Dates:	8 Thursdays, March 30th— June 1st (No class 4/20 & 5/18)
Time:	1:00—3:30pm
Location:	CC Room 230

Fee:	\$60
Dates:	8 Thursdays, March 30th— June 1st (No class 4/20 & 5/18)
Time:	9:00—11:30am
Location:	CC Room 230

FOREVER FIT ~ A WELLNESS PROGRAM FOR ADULTS 60+

FUNDED BY A GENEROUS GRANT FROM THE DANA HOME FOUNDATION

Please attend our information session on Monday, April 3 at 1:15pm in the Fitness Room at the Lexington Community Center, 39 Marrett Road. Learn more about this exciting new program, taught by Judy Whitney, personal trainer with over 30 years experience in the fitness industry. "Forever Fit" will provide individual assessments followed by one on one and group training sessions on Monday, Wednesday, and some Thursday afternoons. Whether your goal is to develop strength, improve balance or increase flexibility, this program is available to assist you. Our approach is first to develop a rapport with you in an attempt to better understand what your individual needs are. Together, we will formulate realistic and attainable goals and work with you to reach these goals.

REGISTRATION FOR NEW STUDENTS ONLY WILL BEGIN ON MONDAY, APRIL 3RD AT 2:00PM.

REGISTRATION FOR RETURNING STUDENTS ONLY WILL BEGIN ON MONDAY, MARCH 6TH AT 8:30AM.



SWIMMING IN LEXINGTON

SWIM TAG REGISTRATION 2017

The Recreation and Community Programs Department operates two outdoor swimming facilities during the summer months. The opening date for both facilities is June 3, 2017. The **Old Reservoir**, located on Marrett Road, is a fresh water pond with a sandy beach. Open seven days per week from 10:30am to 7:00pm, it is a favorite place for families and children. The **Irving H. Mabee Town Pool Complex**, located on Worthen Road at the Center Recreation Complex, is also open seven days per week. On weekdays, a variety of programs including American Red Cross swim lessons, adult lap swim, adult aqua aerobics, and Swim Team share pool space, but generally the public swim hours are weekdays 12:45—4:30pm and 7:00—8:45pm. **Swim lesson information, registration procedures, and dates will be included in the summer program brochure, published in late April.**

The Recreation and Community Programs Department sells season memberships to the aquatics facilities. The **swim tag** is valid at both the Old Res and Town Pool. Residents may opt to pay a daily fee instead of purchasing a swim tag. **Resident swim tags will be sold at the Lexington Community Center on weekdays from 8:30am—8:00pm and on Saturdays from 10:00am—3:00pm from March 6th through June 2nd.** Resident swim tags can also be purchased at the **Tennis Booth**, which is located next to the Town Pool bath house. The dates and times for the Tennis Booth are as follows:

- | | | |
|------------------------|-------------------|----------------|
| • May 15th-June 2nd | Monday—Friday | 4:30—7:30pm |
| • June 5th-June 16th | Monday—Friday | 3:00—7:30pm |
| • June 19th-June 30th | Monday—Friday | 1:00—7:30pm |
| • July 3rd-August 18th | Monday—Friday | 4:30—7:30pm |
| • May 13th-August 20th | Saturday & Sunday | 10:00am—2:00pm |

As of June 3rd, all resident swim tags must be purchased at the Tennis Booth. Swim tags will also be available for purchase at **Discovery Day in Lexington on Saturday, May 27th.**

Purchase your swim tags early. Do not wait for the first hot day of the summer!

2017 SWIM TAG FEES:	\$ 50.00	Senior Adult (Age 62+)
	\$ 75.00	Individual (ages 3—61)
	\$225.00	Resident family (two adults & all children ages 3—18 residing full time in the same household)
	\$375.00	Non-resident family (available for purchase through March 10th)
	\$150.00	Non-resident individual (available for purchase through March 10th)
	\$ 25.00	Replacement for lost swim tag

2017 DAILY FEES:	\$5.00 per person	Resident youth, adult, and senior adult and each guest
	\$20.00	Resident family maximum at Town Pool or Old Res
	\$6.00 per person	Non-resident youth, adult, and senior adult and each guest at Old Res ONLY
	\$24.00	Non-resident family maximum at Old Res ONLY

NO REFUNDS OR CREDITS ARE GIVEN FOR THE PURCHASE OF SWIM TAGS!

For resident swim tags, proof of residency is required.



TENNIS RESERVATION INFORMATION



All tennis reservations must be made in person. Telephone calls are not accepted.

April 1st—May 12th

Tennis Reservations at the Lexington Community Center ONLY.

Monday—Friday from 8:00am—9:00pm and Saturday from 9:00am—5:00pm

Weekdays, May 15th—August 18th

- May 15th-June 2nd
- June 5th-June 16th
- June 19th-30th
- July 4th
- July 3rd-August 18th

Tennis Reservations at the Tennis Booth ONLY.

Monday—Friday 4:30—7:30pm
Monday—Friday 3:00—7:30pm
Monday—Friday 1:00—7:30pm
Tuesday 10:00am—2:00pm
Monday—Friday 4:30—7:30pm

Weekends, May 13th—August 20th

Tennis Reservations at the Tennis Booth ONLY.

Saturday & Sunday 10:00am—2:00pm

August 21st—October 24th

Tennis Reservations at the Lexington Community Center ONLY.

Monday—Friday from 8:00am—9:00pm and Saturday from 9:00am—5:00pm

- The **Tennis Booth** is located at the Center Recreation Complex/Town Pool Bath House on Worthen Road. Tennis reservations may be made up to **one week** in advance at the Tennis Booth.
- A person may make only one reservation (one hour/one court) for any given day.
- Reservations must be made at least one hour before the requested court time.
- Unlighted courts are available for reservations seven days per week, 7:00am—8:00pm.
- There are four lighted courts at the Center Complex Gallagher Tennis Courts available for night play **with a paid reservation** until 9:00pm.

TENNIS COURT RESERVATION FEES

\$60.00 Lexington Resident Tennis ID Cards

\$45.00 Lexington Resident Senior Adult Tennis ID Cards (age 62+)

\$100.00 Non-Resident Tennis ID Cards

FREE Daily Non Lighted Court Reservation per hour with ID Card

\$10.00 Lighted Court Reservation with ID Card

\$10.00 Daily Non-Lighted Court Reservation per hour without ID Card

\$20.00 Lighted Court Reservation without ID Card

COURT LOCATIONS

Gallagher Tennis Courts at the Center Recreation Complex - 10 courts (4 lighted)

Adams Playground (Massachusetts Avenue, behind the Waldorf School) - 2 courts

Valley Road (off Bedford Street) - 2 courts

Clarke Middle School - 3 courts (CLOSED FOR THE 2017 SEASON)



BATTLE GREEN TENNIS LEAGUE

In partnership with the Lexington Recreation and Community Programs Department, the Battle Green Tennis League is a recreational league that promotes tennis by scheduling doubles matches for adults of all ages and abilities. (Beginners should have some experience playing doubles before joining the league.) You may play all season (April–September) or in any of the 5 four-week sessions. Matches are scheduled a few weeks prior to the start of each session. Doubles matches may consist of mixed, men's, or women's pairings. Matches are scheduled Mondays–Thursdays from 6:00–8:00pm. You do not need to be a resident of Lexington to participate.

Every effort is made to group people of similar skill levels, but the primary emphasis is on promoting exercise, good sportsmanship, and above all, fun! For more information and to register, please go to: www.battlegreentennis.com.

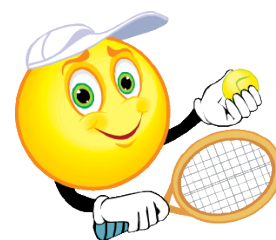


SUMMER YOUTH TENNIS PROGRAMS

SUMMER YOUTH TENNIS LESSONS

Our Youth Tennis staff is looking forward to a fun summer! Instructors will teach children using the **USTA Quick Start Tennis Program** with an exciting lesson and play format for learning tennis, designed to bring children into the game by utilizing specialized equipment, shorter court dimensions, and modified scoring, all tailored to age and size. Lessons will take place each week Monday through Thursday (unless otherwise noted) with Friday reserved as the rain date. All lessons will be held at the **Gallagher Tennis Courts at the Center Recreation Complex** on Worthen Road. Lessons will have a 1:6 staff-to-children ratio. Participants must bring a tennis racquet, sunscreen, and a water bottle.

		<u>Before May 1st</u>	<u>After May 1st</u>
AGE 4:	11:00—11:30am	\$35	\$45
AGES 5 & 6:	9:00—9:50am <u>or</u> 10:00-10:50am	\$60	\$70
AGES 7 & 8:	9:00—9:50am <u>or</u> 10:00-10:50am	\$60	\$70
AGES 9 & 10:	9:00—9:50am <u>or</u> 10:00-10:50am	\$60	\$70
AGES 11—13:	11:00am—12:00pm	\$72	\$82



Session 1: June 26th—29th

Session 5: July 24th—27th

Session 2: July 3rd—7th* (No program on 7/4)

Session 6: July 31st—August 3rd

Session 3: July 10th—13th

Session 7: August 7th—10th

Session 4: July 17th—20th

Session 8: August 14th—17th

SUMMER YOUTH TENNIS CLINIC

This clinic is designed for beginner and intermediate players ages 7—13. Drill work will emphasize match and tournament play and participants will be exposed to different tournament styles and gain experience through daily practice. After an afternoon of tennis, participants will have the option to cool off in the Town Pool at 4:30pm or remain at the courts to scrimmage. Both options will be supervised by the tennis staff. The clinic will take place in two-week sessions and be held on Monday through Thursday afternoons (unless otherwise noted) with Friday reserved as the rain date at the **Gallagher Tennis Courts at the Center Recreation Complex** on Worthen Road. **Everyone must be picked up by 5:00pm** in front of the courts. Participants must bring a tennis racquet, sunscreen, water bottle, snack, bathing suit, and towel.

		<u>Before May 1st</u>	<u>After May 1st</u>
AGES 7—13:	2:00—5:00pm	\$180	\$190

Session 1: June 26th—July 7th* (No program on 7/4)

Session 3: July 24th—August 3rd

Session 2: July 10th—20th

Session 4: August 7th—17th



YOUTH ADAPTIVE TENNIS LESSONS

Using guidelines and resources developed the USTA, we are pleased to offer a series of adaptive tennis lessons for children and teens with disabilities and differing abilities and challenges, ages 6—16. The lessons are designed to promote the benefits of tennis to all, improve balance, mobility, agility, strength, fitness, self-confidence, and provide social interaction using Quick Start methods, courts, and equipment. Lessons will take place each week Monday through Thursday (unless otherwise noted) with Friday reserved as the rain date. All lessons will be held at the **Gallagher Tennis Courts at the Center Recreation Complex** on Worthen Road. Participants should bring a tennis racquet, sunscreen, and a water bottle.

Fee:	\$60/week (\$70/week after 5/1)
Ages:	6—16
Dates:	June 26th—29th, July 3rd—7th*, July 10th—13th, July 17th—20th, July 24th—27th, July 31st—August 3rd, August 7th—10th, & August 14th—17th
Time:	4:00—4:50pm
Location:	Gallagher Tennis Courts at the Center Recreation Complex
*No program on 7/4	



TEDDY BEAR PICNIC PRESCHOOL PROGRAM

TEDDY BEAR PICNIC



Our friendly Teddy Bear Picnic staff is looking forward to an exciting summer of making new friends, child-centered projects and activities, and a whole lot of FUN! The program includes singing and movement activities, story and project time, group games, and of course swimming and sand play at the Old Reservoir.

Pack a bag with a towel labeled with child's name, as well as a light snack and drink. Children should wear play clothes over their bathing suits. **WE LOVE TO GET MESSY! All children must be toilet trained.**

Please contact the Recreation and Community Programs Department to obtain the specific Teddy Bear Picnic form that must be completed.

PLEASE NOTE: THE REGISTRATION FEE WILL INCREASE BY \$10.00 AFTER MAY 1ST. Register Early!

TEDDY BEAR PICNIC LUNCH BUNCH

Teddy Bear Picnic campers are invited to spend an extra hour with their counselors enjoying more activities at the Res beach and a picnic lunch, which you bring.



This option will be available **EVERY** day (Monday—Friday) each week from 12:00—1:00pm. **Advanced registration required online for Lunch Bunch ahead of time before the program begins.**

Fee (Week 2): \$88
Fee (Weeks 1 and 3—7): \$110/week
Ages: 3—6
Dates: June 26th—30th, July 3rd—7th*,
 July 10th—14th, July 17th—21st,
 July 24th—28th, July 31st—August 4th,
 August 7th—11th, and August 14th—18th
Time: 9:00am—12:00pm
Location: Old Reservoir Picnic Area
 * No program on 7/4.

Fee: \$10/day or \$40/all 5 days each week
Time: 12:00—1:00pm
Location: Old Reservoir Picnic Area



DISCOVER THE FUN DAY CAMP



DISCOVER THE FUN

Discover the Fun is a theme-based day camp program open to children entering Grades 1—5 as of September 2017. **The program will be held at Lexington High School.**

The basic camp day will run Monday through Friday, 8:30am—3:30pm (unless noted otherwise). Extended day hours are available until 4:30pm.

In addition to the facilities at LHS, campers will use the Town Pool, Gallagher Tennis Courts, Lincoln Park, and the play facilities at the Center Recreation Complex. Each week, the campers will participate in a wide variety of theme-related games, sports, swimming and nature activities, group/team challenges, and create wonderful crafts projects. Discover the Fun offers weekly special events such as DJ Mike, Safe Routes to School, Historical Scavenger Hunt through Lexington Center, Tie Dye, Wacky Wednesdays, and more!!!!

All staff are CPR and First Aid certified and have had successful CORI and SORI background checks.

Please contact the Recreation and Community Programs Department to obtain the specific Discover the Fun form that must be completed.

****Physical/Immunization record required at time of registration****

Basic Day Fees: \$184 for Week 2
 \$230/week for Weeks 1 & 3—7
Ages: 6—11
Week 1: June 26th—30th
Week 2: July 3rd—7th* (No program on 7/4)
Week 3: July 10th—14th
Week 4: July 17th—21st
Week 5: July 24th—28th
Week 6: July 31st—Aug. 4th
Week 7: August 7th—11th
Week 8: August 14th—18th
Time: 8:30am—3:30pm
Location: Lexington High School



Extended Day Fees:
3:30—4:00pm: \$20 for Week 2
 \$25/week for Weeks 1 & 3—7
3:30—4:30pm: \$40 for Week 2
 \$50/week for Weeks 1 & 3—7

The fees listed include a \$25.00 per week non-refundable registration fee. Non-residents are welcome. There is an additional \$10.00 non-resident fee per week. Fees will increase by \$25.00 per week after June 1, 2017.



MINUTEMAN SPORTS CLINICS

BASEBALL

All participants will learn new skills to improve their overall game play.

Jason Rajotte, LHS P.E. teacher, will guide participants through activities such as throwing, hitting, base running, and all aspects of fielding. Through fun activities and modified games, participants will learn the skills needed to be successful on the diamond. Children need a baseball glove, water, and a snack. **No Swimming.**



JUNIOR GOLF PROGRAM

This program at Pine Meadows led by **Jason Rajotte**, LHS P.E. teacher, encourages teenage golfers to play with friends, while improving their game. Each time on the course will allow participants to reinforce previously taught skills. Instruction will focus on golf etiquette, rules of play, and other focal points within the game of golf. Players **must** have playing experience and provide their own equipment. Fee includes general instruction and greens fees. **No Swimming.**

STREET HOCKEY CLINIC

Street Hockey will be a co-ed clinic run by **Meaghan Murphy**, Lexington Public Schools P.E. teacher. This program will focus on gradual skill development of the various skills associated with street hockey (stick handling, shooting, passing, etc.) and also some game-related strategies. The clinic will end with a street hockey mini tournament.



SKATEBOARDING CLINICS

Learn the fundamentals of skateboarding at the Lexington Skate Park. Both sessions, will emphasize basic techniques, use of the park, and safety, with instruction on tricks using ledges, ramps, and rails. Beginners welcome. **All participants must bring a skateboard and helmet.**



ULTIMATE TEAM GAMES

Ultimate Team Games will allow your child to explore a range of activities including, but not limited to, Capture the Flag, Ultimate Frisbee, Ultimate Football, Team Handball, and Bizerk Ball. This program, under the direction of **Meaghan Murphy**, Lexington Public Schools P.E. teacher, provides a fun and safe environment where children can build confidence, independence, and improve teamwork. Let's get outside and play!



BADMINTON

Under the direction of **Vic Cuzzupe**, LHS P.E. teacher, participants will be introduced to the basics of this fun, popular sport. Players will learn to serve, rally, and volley and will work on skills and participate in games and tournaments. Badminton is great aerobic exercise that helps increase endurance, reflexes, and hand-eye coordination.

BOYS LACROSSE

This program, led by LHS teacher and Boys Lacrosse Head Coach **Dave Walsh**, will introduce participants to the basics of lacrosse, one of the fastest growing youth sports in America. Intended for those who have three years of playing experience or less, this clinic will approach the game in a fun, low-impact manner, focusing on stick-handling, scoring, and modified team-play. Participants will need to wear a mouth guard, but all other equipment will be provided.



GIRLS LACROSSE

This program, led by longtime lacrosse coach **Kathy Fritz**, will introduce participants to the basics of lacrosse, one of the fastest growing youth sports in America. Intended for those who have three years of playing experience or less, this clinic will approach the game in a fun, low-impact manner, focusing on stick-handling, the fundamental skills, and modified team-play. Participants will need to wear a mouth guard and bring a lacrosse stick and goggles.

Fee: **\$110**

Ages: 6—10

Dates: July 17th—20th

Time: 8:30am—12:00pm

Location: Lincoln Park Little League Field

Fee: **\$160/week**

Ages: 13—18

Dates: July 10th—13th **or** July 31st—Aug. 3rd

Time: 12:00—3:00pm

Location: Pine Meadows Golf Club, Cedar St.

Fee: **\$110/week**

Ages: 7—12

Dates: July 17th—20th **or** July 31st—Aug. 3rd

Time: 8:30am—12:00pm

Location: LHS Field House

Fee: **\$110/week**

Ages: 6—10

Dates: June 26th—29th **or** August 14th—17th

Time: 8:30am—12:00pm

Location: Lexington Skate Park, Worthen Rd.

Fee: **\$110**

Ages: 7—12

Dates: July 24th—27th

Time: 8:30am—12:00pm

Location: Center #4 Little League Field

Fee: **\$110/week**

Ages: 8—16

Dates: June 26th—29th **or** Aug. 14th—17th

Time: 8:30am—12:00pm

Location: LHS Gymnasium/Field House

Fee: **\$110**

Ages: 7—12

Dates: June 26th—29th

Time: 8:30am—12:00pm

Location: Lincoln #1

Fee: **\$110**

Ages: 7—12

Dates: June 26th—29th

Time: 8:30am—12:00pm

Location: Lincoln #2



MINUTEMAN SPORTS CLINICS

MULTI-SPORTS CLINIC



This co-ed Minuteman Clinic, led by **Vic Cuzzupe**, LHS P.E. teacher, aspires to use sports participation and learning as a means to improve self-confidence and enhance the love and enjoyment of sports through skills development, and to reinforce the importance of fairness, cooperation, and team play during daily games.

BOYS HOOP I

Under the direction of **Bob Farias**, former LHS Boys Varsity Basketball Coach, the emphasis of this basketball clinic will be on the improvement of individual and team skills through drills, demonstrations, games, and contests.



BOYS HOOP II

Led by **Bob Farias**, former LHS Boys Varsity Basketball Coach, this program will reinforce basic skills and promote new skills with drills, contests, and game play. Participants should bring a snack, lunch, bathing suit, and towel. The boys will have the chance to swim from 2:00—3:00pm. Afternoon pick-up will be at the Town Pool.

GIRLS HOOP I

The emphasis of this program, directed by **Steve Solly**, LHS Girls Varsity Basketball Coach, will be to reinforce basic skills and promote new skills, with drills, contests, and game play. Participants should bring a snack, lunch, bathing suit, and towel. From 1:00—3:00pm, the girls will be swimming at the Town Pool. Afternoon pick-up will be at the Town Pool.



GIRLS HOOP II

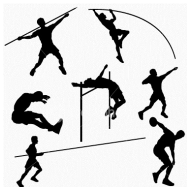
Join **Steve Solly**, LHS Girls Varsity Basketball Coach, to develop and improve basketball skills and teamwork. Games, drills, demonstrations, and fun contests will be used to teach and reinforce skills.



CO-ED VOLLEYBALL

Under the direction of **Meaghan Murphy**, LHS JV Boys Volleyball Coach, participants will be introduced to the basics of serving, hitting, spiking, and setting. Fun games and activities will be used to engage the enthusiasm of all players. Please bring a water bottle and a snack.

SUMMER TRACK CLINIC



Participants will experience a new approach to Track and Field under the direction and guidance of **Russ Bosbach**, Bridge School P.E. teacher. The clinic is for any child who would like to participate on a school track team or simply wants to have fun and learn some regular exercise techniques. Daily activities will give the athlete a chance to practice a variety of track events and learn the tenets of proper fitness.

Fee: \$110
Ages: 6—12
Dates: August 7th—10th
Time: 8:30am—12:00pm
Location: Center #2 Softball Field

Fee: \$110
Ages: 8—13
Dates: July 10th—13th
Time: 8:30am—12:00pm
Location: Center Basketball Courts

Fee: \$150
Ages: 8—13
Dates: July 17th—20th
Time: 9:00am—3:00pm
Location: LHS Gymnasium

Fee: \$150
Ages: 8—13
Dates: July 10th—13th
Time: 9:00am—3:00pm
Location: LHS Gymnasium

Fee: \$110
Ages: 8—13
Dates: July 17th—20th
Time: 8:30am—12:00pm
Location: Center Basketball Courts

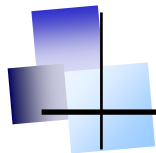
Fee: \$110
Ages: 8—14
Dates: August 7th—10th
Time: 8:30am—12:00pm
Location: LHS Gymnasium

Fee: \$110/week
Ages: 8—14
Dates: July 24th—27th or July 31st-Aug. 3rd
Time: 8:30 am—12:00pm
Location: Track @ Center Recreation Complex

UNLESS OTHERWISE NOTED, MINUTEMAN CLINICS WILL BE OFFERED MONDAY—THURSDAY EACH WEEK (with Friday as a rain date). PARTICIPANTS WILL SWIM FROM 11:30am—12:00pm (half-day programs) OR 2:00—3:00pm (full-day programs).

FOR ALL PROGRAMS THAT OFFER SWIMMING, PICK-UP IS AT THE TOWN POOL ON WORTHEN ROAD.

PLEASE NOTE: ALL SUMMER PROGRAM FEES WILL INCREASE BY \$10.00 AFTER MAY 1ST. Register Early!



SUMMER YOUTH SPORTS CLINICS

THUNDERCAT KIDDIE CAT JAM

Soccer, t-ball, basketball, softee hockey, balloon ball, and kickball are among the "sports" included in this week-long program, led by **Thundercat Sports**. Games and other activities such as theme days are sprinkled in as well.



****Physical/Immunization record required at time of registration****

CHALLENGER MINI SOCCER

A friendly, low-key introduction to the basics of soccer through games, stories, skill-building activities, and fun. This program is run by the popular **Challenger British Soccer Camps**.

CHALLENGER BRITISH SOCCER



This **Challenger British Soccer Camp** is more than just a week of skills and drills. In addition to taking part in a daily regimen of foot skill development, technical and tactical practices, and daily tournament style play, each child will also be treated to a rich cultural experience and lessons on teamwork, sportsmanship, and self-discipline. All participants should bring a water bottle, sunscreen, shin guards, soccer ball, and snack. Full day players should bring a lunch. An afternoon half-day program is now being offered!

****Physical/Immunization record required at time of registration****

VIKING MULTI-SPORTS CAMP



Led by **Viking Sports**, children will be introduced to a fun variety of age-appropriate sports and games throughout the week. Games include soccer, baseball, basketball, dodgeball, capture the flag, tag, kickball, team handball, and more! If you're looking for a program that offers a mix of traditional instruction and skill development that is reinforced with a scrimmage, then this Multi-Sports Camp is for your child! Children will be divided into groups based on age. Please bring a water bottle, snacks, drinks, and peanut-free lunch (for full day participants) each day.

****Physical/Immunization record required at time of registration****

SKYHAWKS SNAG BEGINNER GOLF



Skyhawks SNAG Golf focuses on building the confidence of young athletes through proper technique and refining the essential skills of the game, such as form, swinging, putting, and body positioning using modified equipment. All equipment is provided. Participants should wear loose fitting clothes, sneakers, and bring a water bottle and snack. Participants will receive a t-shirt!

****Physical/Immunization record required at time of registration****

SKYHAWKS MINI HAWK/MULTI-SPORT CLINIC



Led by **Skyhawks**, athletes will learn the rules and essentials of soccer, basketball, and baseball through skill-based games and scrimmages. By the end of the week, your child will walk away with knowledge of each sport along with vital life lessons such as respect, teamwork, and self-discipline. Participants should wear loose fitting clothes, sneakers, and bring a water bottle and snack. All participants will receive a t-shirt and ball!

****Physical/Immunization record required at time of registration****

Fee: \$148/week (\$94 week of July 5th)
Ages: 4–6
Dates: June 19th–23rd, July 10th–14th, or July 5th–7th (3 days, Wednesday–Friday)
Time: 9:00am–12:00pm
Location: Center Recreation Complex

Fee: \$133/week
Ages: 3–6
Dates: July 31st–August 4th or August 7th–11th
Times: 9:00–10:30am or 10:30am–12:00pm
Location: Estabrook School Field

Fee: \$175 (half day) / \$240 (full day)
Ages: 7–15
Dates: July 31st–August 4th or August 7th–11th
Times: 9:00am–12:00pm or 1:00–4:00pm (half day)
 9:00am–4:00pm (full day)
Location: Estabrook School Field

Fee: \$135 (half day) / \$180 (full day)
Ages: 5–11
Dates: August 14th–18th
Times: 9:00am–12:00pm (half day)
 9:00am–3:00pm (full day)
Location: Center #2 Softball Field

Fee: \$135/week
Ages: 5–9
Dates: July 10th–14th or August 7th–11th
Time: 9:00am–12:00pm
Location: Lexington Community Center

Fee: \$135
Ages: 4–6 (Mini Hawk) and 7–12 (Multi-Sport)
Dates: August 21st–25th
Time: 9:00am–12:00pm
Location: Center #2 Softball Field

PLEASE NOTE: ALL SUMMER PROGRAM FEES WILL INCREASE BY \$10.00 AFTER MAY 1ST. Register Early!



SUMMER YOUTH SPORTS CLINICS

BLUE SOX BASEBALL CLINICS



Improve your play with instruction and coaching by **Blue Sox** players and coaches. Participants will learn about base running, bunting, stretching, defense, and hitting. Participants are grouped according to age, grade, and ability. Program will be offered on Monday-Thursday with Friday as a rain date (unless otherwise noted). Players should bring a water bottle and snack each day. *No swimming.*

Fee: \$160/week
Ages: 8—14
Dates: June 26th—29th, July 10th—13th, July 17th—20th, July 24th—27th, July 31st—August 3rd, August 7th—10th, or August 14th—17th
Time: 9:00 am—1:00pm
Location: Center #1 Baseball Field

THUNDERCAT DODGEBALL & SPORTS



Come have a (dodge) ball with **Thundercat Sports**! Gator skin safety balls will be used to ensure safety and fun. This program will consist of different dodgeball related games such as: Doctor, Bombardment, Jail Break, and more. Other sports and games such as floor hockey, flag football, and soccer will be mixed in to create a fun and exciting program! Program is co-ed and every participant receives a t-shirt and certificate of achievement. Participants should bring a water bottle, snack, and apply sunscreen before arriving. *No swimming.*

Fee: \$145
Ages: 7—12
Dates: June 26th—30th
Time: 9:00am—12:00pm
Location: Center #4 Little League Field

****Physical/Immunization record required at time of registration****

THUNDERCAT FLAG FOOTBALL



Throw it, catch it, punt it...pigskins beware! Under the direction of **Thundercat Sports**, participants will learn fundamental skills from coaches through unique drills, games, and teaching techniques. Skills taught include passing, catching, running, offensive / defensive strategies, and more. Theme days, trivia, and a Super Bowl tournament at the end of the program add to the excitement! The program is co-ed and every participant receives a Thundercat football, t-shirt, and certificate of achievement.

Fee: \$145 (half day) / \$198 (full day)
Ages: 7—14
Dates: July 24th—28th or August 14th—18th
Times: 9:00am—12:00pm (half day)
 9:00am—3:00pm (full day)
Location: Estabrook School Field

****Physical/Immunization record required at time of registration****

THUNDERCAT 3—SPORT CLINIC (flag football, dodgeball, & kickball)

Thundercat Sports 3-Sport Clinic is designed to give a taste of several sports to young athletes. Enthusiastic coaches will referee, emphasize proper skills, rules, and give tips while maximizing playing time for each child. Unique games and activities will be mixed in creating a fun appropriately competitive atmosphere. The program culminates with tournament day! Program is co-ed and every participant receives a t-shirt and certificate of achievement. Participants should bring a water bottle, snack, and apply sunscreen before arriving. *No swimming.*

Fee: \$145
Ages: 7—12
Dates: July 17th—21st
Time: 9:00am—12:00pm
Location: Center #2 Softball Field

****Physical/Immunization record required at time of registration****

BUDA SUMMER ULTIMATE FRISBEE CLINICS



These clinics will be led by coaches from the **Boston Ultimate Disc Alliance (BUDA)** and are designed to teach children all they need to know in order to play and have fun. This program will feature a mix of individual skills work, group games, and drills and is designed to be fun and very active. Program will be offered Monday-Thursday with Friday as a rain date. All players will receive a jersey and disc.

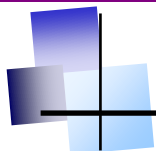
The U8, U10, and U12 clinics are half-day clinics. These programs will run side-by-side at the Harrington School and coaches will move players from one program to the other as is appropriate. By registering for one or the other, you indicate where your child should start in the program. All players should bring a snack and water bottle and cleats are recommended for the more advanced groups.

The U14 clinics are full-day clinics. This program will be offered at the Center Track Field and is designed for more advanced players. In the afternoon, participants will swim at the Town Pool. All players should bring a snack, water bottle, lunch, swimsuit, and towel and cleats are recommended.

U8/U10/U12 CLINICS: \$110/week
Ages: 5—7 (U8), 7—9 (U10) and 10-11 (U12)
Dates: July 10th-13th (Mon.—Thurs.) or July 24th-27th (Mon.—Thurs.)
Time: 8:30am—12:00pm
Location: Harrington School Field

U14 CLINICS: \$150/week
Ages: 12—14 (U14)
Dates: June 26th—29th (Mon.—Thurs.) or August 14th—17th (Mon.—Thurs.)
Time: 9:00am—3:00pm
Location: Center Track Field

PLEASE NOTE: ALL SUMMER PROGRAM FEES WILL INCREASE BY \$10.00 AFTER MAY 1ST. Register Early!



SUMMER YOUTH SPORTS CLINICS

PLAY TO PLAY GIRLS BASKETBALL AND LEADERSHIP CLINIC

This program is being offered in partnership with **Play to Play Inc.**, a non-profit organization devoted to empowering girls through the game of basketball. All clinic instructors will have been trained in Play to Play's coaching workshop: "Coaching the Female Athlete". Directed by **Kathryn Robb and Liz O'Neil**, girls are invited to lace up their high tops and come elevate their game and have fun with other players and friends. Morning activities include basketball skills and drills, 3 v 3 and free throw competitions, while the afternoon will include the "**All Girls, All Leaders**" workshops and activities, followed by basketball games. Come elevate your game, tap into your inner leader, and feel the joy of the game." **Program will be offered Monday-Thursday.**

Fee: **\$185**
Ages: 8—14 (Grades 4—8)
Dates: July 24th—27th (Monday—Thursday)
Time: 9:00am—3:30pm
Location: LHS Gymnasium

GIRLS DEVELOPMENTAL BASKETBALL CLINICS

This clinic, offered by the Lexington Recreation and Community Programs Department in partnership with **Hoop Mountain**, is designed for committed **girls basketball players** entering grades 7—12 who are looking to raise their skills to the next level. Staff from **Hoop Mountain** and the **LHS Girls Basketball** team will be coordinating and facilitating this new focused clinic. The clinic philosophy will be based on a progressive and intense skill development approach that **WILL BE** specific to the position played and chosen by each participant (Perimeter Players & Post Players). The girls will also experience some sport-specific tips and exercises that will improve their level of fitness. Fundamentals, footwork, game-situations, and improving basketball IQ will be the foundation for this aspect of the clinic. ***This program will take place at the Lexington High School Gymnasium.***



Ages: 13—18 (entering Grades 7—12)
Perimeter Player
Fee: \$155 resident / \$200 non-resident
Dates: July 31st—Aug. 2nd 9:00am—12:00pm
Post Player
Fee: \$130 resident / \$180 non-resident
Date: August 3rd 9:00am—1:00pm
Shooting/Scoring
Fee: \$155 resident / \$200 non-resident
Dates: July 31st—Aug. 2nd 12:30—3:30pm
Combo Perimeter & Shooting
Fee: \$230 resident / \$255 non-resident
Dates: July 31st—Aug. 2nd 9:00am—3:30pm
Combo Post Player & Shooting/Scoring
Fee: \$230 resident / \$255 non-resident
Dates: July 31st—Aug. 2nd 9:00am—3:30pm

VIKING BASKETBALL CAMP

Campers will work on such skills as dribbling, shooting, passing, defensive positioning, and more. Coaches from **Viking Sports** will teach both basic and advanced techniques that are important on both sides of the ball and players will learn different plays and different defensive strategies. A variety of games will be played, such as Knockout, Dynasty, and Steal the Cookies and the camp will conclude with a Final Four tournament! Please bring a water bottle, snacks, drinks, and peanut-free lunch (for full day participants) each day.



****Physical/Immunization record required at time of registration****

Fee: **\$135 (half day) / \$180 (full day)**
Ages: 7—12
Dates: August 21st—25th
Times: 9:00am—12:00pm (half day)
 9:00am—3:00pm (full day)
Location: Center Basketball Courts

F.A.S.T. ATHLETICS SPORTS MANIA



Join us for four fun-filled days of sports and games with our Sports Mania program. All participants will have a great time playing soccer, basketball, flag football, dodgeball, and kickball, but the fun continues with hand ball and pillow polo. Each day begins with proper stretching and warm-up games, and follows with the teaching of basic skills in the sports we play that day. More games and tournaments will be featured in this exciting four-day program held in a safe and FUN environment. Please bring a water bottle, snack, and drink. Full day participants should also bring a peanut-free lunch.

Fee: **\$110 (half day) / \$160 (full day)**
Ages: 7—12
Dates: July 3rd and 5th—7th
 (Monday and Wednesday—Friday)
Times: 9:00am—12:00pm (half day)
 9:00am—3:00pm (full day)
Location: Center #2 Softball Field

F.A.S.T. ATHLETICS FLAG FOOTBALL

F.A.S.T. Athletics will teach everyone game strategies, catching techniques, and most importantly how to work together as a team. The students will be able to participate in different situational games such as Red Zone Defense, Fourth and Inches, and the QB Challenge as they learn the importance of fair play. Each class will end with a simulated game broken down into 4 quarters – the coaches will have tons of plays ready to go for their teams! Participants should bring a water bottle, snack, and drink. Full day participants should also bring a peanut-free lunch.



Fee: **\$130 (half day) / \$185 (full day)**
Ages: 7—12
Dates: August 21st—25th
Times: 9:00am—12:00pm (half day)
 9:00am—3:00pm (full day)
Location: Center Track Field

****Physical/Immunization record required at time of registration****



SUMMER YOUTH SPORTS CLINICS

ADVANCED ELITE SOCCER CLINIC



A co-ed program, directed by **Tim Wheaton**, former National Coach of the Year, is designed for the serious, dedicated player with the desire to improve and progress to the next level. The curriculum will emphasize technique, in-depth tactics, and small-sided play. **Program will be offered Monday-Thursday with Friday as a rain date.** Players should wear shin

guards, soccer cleats, and bring a soccer ball, water bottle, snack, water-proof sunscreen, and sneakers (on rainy days). Indoor space available during inclement weather.

Fee: \$190
Ages: 11–18 (Grades 6–12)
Dates: July 10th–13th (Mon.–Thurs.)
Time: 9:00am–1:00pm
Location: Estabrook School Field

CHALLENGER SPORTS TOUCH RUGBY CAMP



Learn the basics of the game of rugby in this camp run by **Challenger Sports**. This camp will teach the basic rules of the up-and-coming sport of rugby. This is a **non-contact** program and all participants will engage in drills, skills-based games, and touch rugby games to further develop their endurance, hand-eye coordination, and stamina. Additionally, participants will learn about the values of teamwork and good sportsmanship. All equipment will be provided and participants should bring a water bottle and snack with them each day. **No swimming.**

****Physical/Immunization record required at time of registration****

Fee: \$205
Ages: 6–14
Dates: July 24th–28th
Time: 9:00am–12:00pm
Location: Center #2 Softball Field

CHALLENGER SPORTS CRICKET CAMP



We are pleased to be partnering with the **Challenger Sports** to provide a Youth Cricket Camp this summer! This camp, for children ages of 6-14, will allow participants to learn more about this up-and-coming sport in a fun and safe environment. Basic cricket batting, bowling, and field techniques will be taught. Additionally, participants will learn about the values of teamwork and good sportsmanship as well as the skills, tactics, and strategies of the game that will help them improve. All equipment will be provided and participants should bring a water bottle and snack with them each day. **No swimming.**

****Physical/Immunization record required at time of registration****

Fee: \$205
Ages: 6–14
Dates: July 17th–21st
Time: 9:00am–12:00pm
Location: Center Track Field

PREMIER HOOPS SUMMER BASKETBALL CLINIC



During this four-day basketball clinic, which is being led by **Premier Hoops**, participants will learn about and develop their fundamental basketball skills such as ball-handling, passing, shooting, rebounding, and more! Participants will also play mini games that will focus on teaching proper spacing and basic principles for offense and defense. Your child will make new friends and gain confidence to make plays in the game. Have fun, stay active, and train with former college and professional basketball players! Please bring a basketball, water bottle, and snack.

Fee: \$175/week
Ages: 7–17
Dates: June 26th–29th (Mon.–Thurs.) **or**
July 3rd & 5th–7th (Mon. & Wed.–Fri.)
Time: 9:30am–12:30pm
Location: Center Basketball Courts

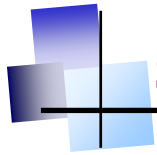
PREMIER FLAG FOOTBALL CLINIC



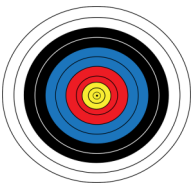
Make new friends and have fun in the sun playing flag football! During this four-day flag football clinic, which is being led by **Premier Youth Sports**, participants will get to do some footwork and quickness drills as well as mini-scrimmage games. Then, players will be split up on to real teams and play games to finish out the day. Please bring a water bottle and snack.

Fee: \$175
Ages: 6–12
Dates: June 26th–29th (Monday–Thursday)
Time: 1:00–4:00pm
Location: Estabrook School Field

PLEASE NOTE: ALL SUMMER PROGRAM FEES WILL INCREASE BY \$10.00 AFTER MAY 1ST. Register Early!



SUMMER YOUTH SPORTS CLINICS



SUMMER ARCHERY CLINICS

Learn to shoot a bow and arrow through this **Baystate Archery** junior development program taught by certified instructors. All equipment is provided and students progress at their own pace.

Fee: **\$120/week**
Ages: 9—14
Dates: July 10th—14th **or** July 31st—Aug. 4th
Times: 9:00—10:45am **or** 11:00am—12:45pm
Location: Lexington Community Center

BOSTON ROCK GYM INDOOR ROCK CLIMBING CLINIC

We are excited to announce this Indoor Rock Climbing Clinic at the **Boston Rock Gym** in Woburn this summer! This program is all about fun! Your child will walk away from this program with a new set of climbing skills and a new level of confidence. A dedicated group of staff members will facilitate all of the activities, which will consist of climbing, arts and crafts, games, scavenger hunts, and obstacle courses.



Fee: **\$220 (half day) / \$430 (full day)**
Ages: 5—14
Dates: June 26th—30th, July 10th—14th, July 17th—21st, July 24th—28th, July 31st—August 4th, August 7th—11th, August 14th—18th, **or** August 21st—25th
Times: 9:00am—12:00pm **or** 1:00—4:00pm (half-day) 9:00am—4:00pm (full-day)
Location: Boston Rock Gym, Olympia Avenue in Woburn

PLEASE NOTE: ALL SUMMER PROGRAM FEES WILL INCREASE BY \$10.00 AFTER MAY 1ST. Register Early!



PINE MEADOWS GOLF CLUB



Pine Meadows Golf Club is owned by the Town of Lexington and managed by the New England Golf Corporation.

Play on elevated tees, tree-lined fairways and the rolling greens of Lexington.

NO METAL SPIKES ALLOWED. Call the Pro Shop at (781) 862-5516 for schedules.

Golf ID Cards for Lexington Residents

\$10.00/person

To better accommodate Lexington residents, tee times at Pine Meadows Golf Club may be made 14 days in advance prior to the general public with the purchase of a \$10.00 ID Card. Golf ID cards are sold at the Lexington Community Center only.

Pine Meadows Fee Schedule (9 holes)

	<u>Residents</u>	<u>Non-Residents</u>
Weekends	\$21.00	\$24.00
Weekdays	\$19.00	\$22.00

Special Monday-Thursday before 3:00pm

	<u>Residents</u>	<u>Non-Residents</u>
Seniors (62+)	\$16.00	\$18.00
Juniors (under 18)	\$16.00	\$18.00

Player Discount Cards & Monday—Thursday Replay Program

Golfers are encouraged to contact Pine Meadows Golf Club at (781) 862-5516 for information and fees for Player "Loyalty" Discount Cards as well as the Monday—Thursday (11:00am—3:00pm) replay option for \$10.00.

Family Golf

Are you looking for a fun evening of golf with your family? Bring your family (must have at least 1 adult and 1 child) and play 4 holes of golf. Check with the clubhouse staff to sign up on a first come, first-served basis. **\$11.00/person.**

Family Golf begins approximately 1 1/2 hours before dusk.



YOUTH S.T.E.M., CHESS, & COMPUTER CLINICS AT THE LEXINGTON COMMUNITY CENTER

JUNE CHESS CLINIC

Join **Jim Della Selva** for a week-long chess clinic. This program will provide beginner and intermediate chess players with the opportunity to learn more about the game and practice their skills in chess matches and games.

SUMMER CHESS CLINIC

These courses will teach fundamentals and combine instruction, play, group work, chess problems and games. Come learn and improve skills with instruction by U.S. Chess Federation expert, **Jim Della Selva**.



AUGUST CHESS MINI CLINIC

Join **Jim Della Selva** for a 3-day chess clinic. This program will provide beginner and intermediate chess players with the opportunity to learn more about the game and practice their skills in chess matches and games. Participants should bring a chessboard and be ready for a fun, challenging three days.

LEXINGTON SUMMER CHESS CHAMPIONSHIP

This two-day tournament will be based on rules implemented by the U.S. Chess Federation, and will feature 2 rounds of play each day, combined with instruction to assist all players in the strategies of chess. The players will be divided according to grade and skill, and will receive a chess medal for participation. Trophies will be presented to the top 3 winners of each section.

CHESS/KOOL SCIENCE CLINIC

Science teacher, **Bill Richard** will ensure that you have a fun-filled week observing, hypothesizing, and testing your own ideas as we delve into magnetism, sound, design technology, and flight. Hands-on projects, use of the scientific methods, and learning by doing will be emphasized. Chess teacher and player, **Jim Della Selva** will teach your child the fundamentals of chess from beginner to the more advanced aspects of the game. Expand your knowledge base and learn techniques designed to improve all phases of your game.

MATH AND ENGINEERING

Using innovative ideas, students will take a look behind the scenes to understand why science works the way it does. Hands on experiments, notes and drawings with creative take home projects will make this an interesting way of learning, in a fun and practical environment. Students will be able to take their projects home for further exploration!



Fee: \$130
Ages: 6–15
Dates: June 26th–30th
Time: 10:00am–12:00pm
Location: CC Room 217

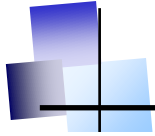
Fee: \$130
Age: 6–12
Dates: Intermediate: 6 Tuesdays
July 11th–August 15th
Beginner: 6 Wednesdays
July 12th–August 16th
Time: 6:00–7:00pm
Location: CC Room 221

Fee: \$115
Ages: 6–15
Dates: August 21st–23rd (Mon.–Wed.)
Times: AM Clinic: 11:00am–1:30pm
PM Clinic: 2:00–4:30pm
Location: CC Room 230

Fee: \$65 (tournament only)
\$45 (with clinic)
Age: 6–15
Dates: August 24th–25th (Thurs. and Fri.)
Time: 2:00–4:30pm
Location: CC Room 230

Fee: \$150
Ages: 6–13
Dates: July 3rd–7th* (No program on 7/4)
Time: 1:00–3:00pm
Location: CC Room 230

Fee: \$295
Ages: 7–11
Dates: July 10th–14th
Time: 9:00am–12:00pm
Location: CC Room 230



YOUTH S.T.E.M., CHESS, & COMPUTER CLINICS AT THE LEXINGTON COMMUNITY CENTER



INCREDIFLIX—STAR WARS LIVE ACTION FLIX

Use the Force to write, direct, film, and star in your very own Star Wars Live Action Movie! You can be a Jedi Knight, a Sith Lord, an X-Wing Tie Fighter pilot, or even a cool droid like R2-D2 or C3PO in an original Star Wars movie you create! Kids will work together on the movie going through the Hollywood process from "Action" to "Cut" and "That's a Wrap!" Come join the fun, and "May the Force be with you!" *Flix downloadable within a month after program ends.

Fee:	\$220
Ages:	7–13
Dates:	July 10th–14th
Time:	9:00am–12:00pm
Location:	CC Room 237

INCREDIFLIX—LEGO FLIX

We know you love Legos and can create incredible Lego worlds, now it's time to bring those worlds to life in Lego Stop-Motion Animated Flix! We provide the Legos, and you provide your imagination. Students will create a Lego set with Lego characters for a movie they storyboard, write, shoot, and voice-over in age-appropriate groups. *All flix downloadable within a month after program ends.

Fee:	\$220
Ages:	7–13
Dates:	July 10th–14th
Time:	1:00–4:00pm
Location:	CC Room 237

INCREDIFLIX—STAR WARS LIVE ACTION AND LEGO FLIX FULL DAY

In the mornings use the Force to write, direct, film, and star in your very own Star Wars Live Action Movie! Afternoons are for Lego stop motion movies. We know you love Legos and that you can create incredible worlds. Now it's time to bring those worlds to life! Lunch supervision included at no cost!



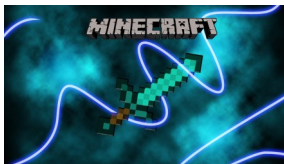
Fee:	\$395
Ages:	7–13
Dates:	July 10th–14th
Time:	9:00am–4:00pm
Location:	CC Room 237

INCREDIFLIX—STOP MOTION TRICKS & EFFECTS

Begin your stop motion movie making career with a BANG! Ever wonder how they do that cool effect?" - We can teach you! In this program we pull back the curtain and reveal how stop-motion movie magic is made as kids will learn how to create special effects for their stop motion movies. Kids will work in groups to create and film effects from water to fire or even flying! *Flix downloadable within a month after program ends.

Fee:	\$220
Ages:	7–13
Dates:	July 31st–August 4th
Time:	9:00am–12:00pm
Location:	CC Room 237

INCREDIFLIX—MINECRAFT FLIX



You love Minecraft! Let your imagination be your guide as you turn the popular video game into an exciting Minecraft world. Using stop-motion animation you will bring Steve, the creepers, animals and more to life. Students will write, storyboard, shoot and add voice-over in age appropriate groups. *Flix downloadable within a month after program

ends.

Fee:	\$220
Ages:	7–13
Dates:	July 31st–August 4th
Time:	1:00–4:00pm
Location:	CC Room 237

INCREDIFLIX—STOP MOTION AND EFFECTS AND MINECRAFT FLIX

Ever wonder how they do that cool effect?" - We can teach you! In the mornings we pull back the curtain and reveal how stop-motion movie magic is made as kids will learn how to create special effects for their stop motion movies. In the afternoons students will let their imagination be their guide as they create an exciting Minecraft world for a movie they create. Students will work in age appropriate groups. Lunch supervision included at no cost!

Fee:	\$395
Ages:	7–13
Dates:	July 31st–August 4th
Time:	9:00am–4:00pm
Location:	CC Room 237



YOUTH S.T.E.M., CHESS, & COMPUTER CLINICS AT THE LEXINGTON COMMUNITY CENTER

WICKED COOL FOR KIDS—MINECRAFT MASTERCRAFTER

Minecraft Mastercrafters is an advanced Minecraft program where educational gaming is offered together with hands-on science and engineering activities. Got what it takes to be a Mastercrafter? Hone your Minecraft skills in this teacher-controlled platform where you learn and interact virtually in a classroom setting. Explore, manipulate, problem-solve and build in worlds that have been customized for Wicked Cool learning activities. Focus on energy, powering mechanisms, and using redstone to build and design your way through the tricky labyrinth of the "Mastercrafter Island."



Fee:	\$395
Ages:	8—11
Dates:	August 7th—11th
Time:	9:00am—4:00pm
Location:	CC Room 230

WICKED COOL FOR KIDS—LEGOPALOOZA!



We've added advanced, open-ended STEM activities and engaging new LEGO challenges to our favorite LEGO Robotics program. The We-Do Robotics system features LEGO models that incorporate working motors and sensors combined with simple programming software. Build and program a spinning carousel, a roller coaster, ferris wheel and other fun carnival rides. Each day continue the fun and build moving machines

from your very own take home LEGO Klutz Crazy Action Contraptions kit.

Fee:	\$395
Ages:	8—11
Dates:	July 24th—28th
Time:	9:00am—4:00pm
Location:	CC Room 230

CIRCUIT LAB—HANDS-ON ELECTRONICS

Tinker with electronics while learning the basics of computer programming. We begin by experimenting with the fundamentals of electronics and circuitry, and step up to projects where students design their own interactive and programmable devices. Students will use the latest tools including Arduino (for building interactive devices) and Raspberry Pi (for learning about computers and coding) to experiment with LEDs, resistors, motors, and programming. Each class day will give students the chance to design a hands-on project under the guidance of skilled Circuit Lab instructors. Don't worry if you are a returning students there will be new projects!

CIRCUIT LAB—CREATIVE COMPUTING

Get connected as we explore not just how to use computers, but how to make computers work for you. We will use the latest tools: Arduino (for building interactive devices) and Raspberry Pi (for learning about computers and coding) to design hands-on projects ranging from LED light shows to touchless musical instruments to wearable computers, all in the name of taking ideas and making them real. Students have access to a comprehensive library of parts and equipment, and experienced instructors who can help them create the devices of their dreams. Don't worry if you are a returning students there will be new projects!

Fee:	\$190
Ages:	8—10
Dates:	July 17th—21st
Time:	9:00am—12:00pm
Location:	CC Room 230

Fee:	\$190
Ages:	11—13
Dates:	July 17th—21st
Time:	1:00pm—4:00pm
Location:	CC Room 230

COMBINED MARTIAL ARTS—SUMMER PROGRAM

Come to the Community Center and join instructor **Charles Crayton Jr., a 6th degree black belt**, for a week long course in combined martial arts. During the course learn some RAD for kids moves and techniques. Come away learning self-defense moves of all kinds, a sharper mind, balance, patience, self-discipline, and anti bullying techniques. This class is open to everyone, you do not need prior knowledge of martial arts.



Fee:	\$200
Ages:	6—12
Dates:	July 17th—21st
Time:	9:00am—12:00pm
Location:	CC Room 237



YOUTH S.T.E.M., CHESS, & COMPUTER CLINICS AT THE LEXINGTON COMMUNITY CENTER

CODING TO THE FUTURE—POKEMON GO VIDEO GAME DESIGN



Gotta catch 'em all! Campers will dive into the exciting world of computer coding and Pokemon through Scratch, developed at MIT. Scratch is a block-based application designed to make it simple for anyone to learn programming. Throughout the camp, coders create Poke projects like their very own Pokedex or a Pokemon Battle game!



Fee: \$265
Ages: 7–12
Dates: August 14th–18th
Time: 9:00am–12:00pm
Location: CC Room 230

CODING TO THE FUTURE—MINECRAFT MODDING CAMP

Why just play Minecraft when you can create Minecraft? In this camp designed for quick learners or those with some coding experience, campers will immerse themselves in the language of computers through Minecraft! Using Java, a professional text-based coding language, campers will learn to create Minecraft mods like “craft a sword out of mushy bananas” or “spawn a flying golden cow!” This camp helps kids to make the full transition from players to creators and open up a whole new world of Minecraft!



Fee: \$270
Ages: 9–14
Dates: August 14th–18th
Time: 1:00–4:00pm
Location: CC Room 230

BOSTON INTERNATIONAL KIDS FILM FESTIVAL SUMMER FILM MAKING

In this class, students can bring their creative ideas to fruition in a fun, collaborative and exciting environment. Students will learn skills in scriptwriting, storyboard sketching, character development, improvisation and camera skills. Together, the group will write, shoot, and edit a film in a genre of their choosing. Students will learn to edit their films using professional editing software like Final Cut Pro. All final projects are eligible for submission into the Boston International Kids Film Festival in November 2017. www.bikff.org.



Fee: \$340
Ages: 10–14
Dates: July 31st–August 4th
Time: 9:00am–3:00pm
Location: CC Room 230

TOP SECRET SCIENCE & MATH—SPECTACULAR HANDS-ON SCIENCE!



Come join this very cool and fun summer program! Over the past 22 years, Top Secret Science (www.TopSecretScience.com) has worked hands-on with over 1,200,000 local children. Each day the kids will explore up to 20 weird and wacky hands-on science experiments and will make and take home at least 10 different projects. The scientists are fast paced and funny and your kids will be thoroughly entertained (they'll even learn some interesting things too).



We will explore weird motions and flying things, air and water pressure; crazy chemistry, light and sound, science magic, electricity, magnets, astronomy and more. Be prepared for lots of fun stuff. It is a wonderful 6 hours of science each day.

Fee: \$185
Ages: 11–13
Dates: August 14th–18th
Time: 9:00am–3:00pm
Location: CC Room 237



OTHER LEISURE PURSUITS

Teresa and Roberta Lee Fitness ~ Nature Path

The fitness and nature path is 1.35 plus miles and wanders through delightful natural areas as well as around the playing fields at Lincoln Park. There are fifteen (15) self-directed, accessible exercise stations for fitness and nature enthusiasts of all levels to enjoy. The Teresa and Roberta Lee Fitness ~ Nature Path can be accessed from either the entrance to Lincoln Park or from Worthen Road across from the Center Recreation Complex.

Bicycling

Maps of Lexington bike paths are available at the Recreation and Community Programs Department office, Conservation office, and the Chamber of Commerce.

Ball Field Permits

A limited number of ball fields are available for residents to use, field conditions permitting. **Permits are required for play on ALL fields.** Permits are issued at the Recreation and Community Programs Department office on a first-come, first-serve basis. Please contact the Recreation and Community Programs Department.

ED2GO ~ Online Education Courses

Update your skills, discover a new talent, or chart a career path at your own pace and at your convenience with our online courses. Each course runs for six weeks and is comprised of 12 lessons. All materials are made available to you over the World Wide Web. All you need to get started is Internet access, an email address and a Web browser. Take a look at the online site: www.ed2go.com/lexrec to view courses.

LABBB ~ Special Events

The Lexington Community Center will be collaborating with the LABBB program to offer a series of special events on March 2nd, April 6th, and May 11th. These dances and events begin at 6:00pm. For more information, check the Recreation and Community Programs website.

Special Needs Arts Programs, Inc. (SNAP)

Founded in 1981, Special Needs Arts Programs, Inc. (SNAP) provides people with developmental disabilities opportunities that celebrate each person's unique abilities while cultivating creative expression, building peer relationships, and fostering self-esteem through life-enhancing activities in the arts. SNAP is a 501c(3) non-profit organization.

The **Chorus** brings together developmentally disable individuals to learn about singing and music at weekly rehearsals, as well as socialize and make friends. The Chorus program runs in two sessions, from September-January and then February-June and are divided into two groups: Sing-Along Chorus meets on Mondays from 7:00-8:30pm and Sing-Along Singers meets on Wednesdays from 7:00-8:30pm. Chorus promotes fun and friendship and has performances and special parties each session. Cost is \$220 per session.

Special Artists brings together individuals with developmental disabilities to work on art projects. Participants work at their own pace in a supportive and fun environment, emphasizing creativity and friendship. Special Artists work on a different project each session and activities can include watercolor/acrylic painting, fabric painting, wood projects, and multi-media art. The program meets for eight weeks in the fall and eight weeks in the spring. Special exhibits are planned to showcase the talent and achievements of the artists. The cost is \$120 per each 8-week session.

For more information on any SNAP programs, please contact Heidi O'Mara, Executive Director, at info@snaparts.org. You can also visit their website at www.snaparts.org for a program application or to learn how to volunteer with SNAP.



RECREATION PARKS, PLAYGROUNDS, AND FIELDS

Adams Park

Location: 739 Massachusetts Ave. (behind Waldorf School)

Facilities: Intermediate soccer field, 2 tennis courts, basketball court, play structure, swings.

Baskin Park

Location: Wyman Road

Facilities: basketball court, open space, T-ball area.

Blossom Park

Location: Blossom Street

Facilities: open space.

Bowman Park

Location: 13 Watertown Street/Pleasant Street

Facilities: trails.

Bowman School Field

Location: 9 Philip Road

Facilities: school playfield, Little League field, basketball court, open athletic field, play structure, swings.

Bridge School Fields

Location: 55 Middleby Road

Facilities: school playfield, swings, net climbing structure, play structure, 2 softball fields, open space, trails.

Center Recreation Complex

Location: Worthen Road

Facilities: 1 soccer field, 1 lighted softball field, track, 2 baseball fields (1 lighted), skate park, 2 lighted basketball courts, Little League field, 3 tennis practice boards, 10 tennis courts (4 lighted), outdoor pool complex (4 pools), tennis booth, bathroom facilities, swings, 2 play structures, football field.

Clarke Middle School Fields

Location: off Brookside Avenue

Facilities: school playfield, regulation soccer field, softball field, baseball field, basketball court, 3 tennis courts, open athletic field, nature trail.

Diamond Middle School Fields

Location: Sedge Road

Facilities: school playfield, softball field, baseball field, soccer fields.

Estabrook School Field

Location: 117 Grove Street

Facilities: school playfield, 2 basketball hoops, softball field, intermediate soccer field, modular play equipment, swings.

Fiske School Fields

Location: 55 Adams Street

Facilities: school playfield, 2 Little League fields, play equipment, swings.

Franklin Park

Location: 5 Stedman Road

Facilities: softball/junior baseball field, intermediate size soccer field, play structure, swings, slide, trails.

Freemont Street

Location: Freemont Street

Facilities: wooded area, trails.

Garfield Park

Location: Garfield Street

Facilities: play structure, Little League field, trails, swings.

Harrington School Fields

Location: 328 Lowell Street

Facilities: school playfield, softball field, Little League field, soccer field,

basketball court, play equipment, swings.

Hastings School Field

Location: 7 Crosby Road

Facilities: school playfield, play structure, swings, basketball court, Little League field, intermediate soccer field.

Justin Park

Location: Justin Street

Facilities: play structure, swings, open space, trails.

Kinneens Park

Location: Burlington Street

Facilities: play structure, swings, 1/4 basketball court, T-ball field.

Lexington Old Reservoir

Location: Marrett Road

Facilities: swimming facility, bathhouse, picnic area, trails.

Lincoln Park

Location: Lincoln Street

Facilities: 3 infill synthetic turf athletic fields, softball field, Little League field, fitness path, nature trails, bathroom facility, picnic area with grills and shelters, 2 play structures, spring riders, swings.

Marvin Park

Location: Winter Street

Facilities: play structure, swings, basketball court, open space, trails.

Munroe Park

Location: 1403 Massachusetts Avenue

Facilities: play structure, swings, sand digger, open field space, T-ball area.

Muzzey Field

Location: next to 1475 Massachusetts Avenue

Facilities: intermediate soccer field, open space.

Oxford/Bow Street Park

Location: Bow Street

Facilities: swing set, Minuteman Bikeway.

Parker School Land (Valley)

Location: Valley Road

Facilities: 2 tennis courts, open space.

Pine Meadows Golf Club

Location: 255 Cedar Street

Facilities: 9 hole public golf course, clubhouse.

Poplar Street Park

Location: Poplar Street

Facilities: open space, trails.

Rindge Park

Location: Rindge Avenue

Facilities: play structure, swings, basketball court, open space, T-ball fields.

Sutherland Park

Location: Sutherland Road

Facilities: Little League field, basketball court, play structure, swings, trails, open field space.

Tower Park

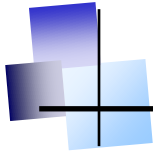
Location: Massachusetts Avenue

Facilities: open space, walkways, bikeway.

Valleyfield Park

Location: Valleyfield Street

Facilities: open space, trails.



242nd PATRIOTS' DAY WEEKEND CELEBRATION

APRIL 15th—17th, 2017



Saturday, April 15th

9:00am—4:00pm	Battle Green Guided Tours
9:30am—4:00pm	Buckman Tavern Tours, 1 Bedford Street
10:00am—4:00pm	Liberty Ride Tours (1875 Massachusetts Avenue) and Hancock-Clarke House Tours (36 Hancock Street)
10:00am	Parker's Revenge ~ Battle Green to Minuteman National Park
11:00am	Meet and Talk with the Minute Men at Fiske Hill at the Minute Men National Park, Old Massachusetts Ave.
12:00—4:00pm	Munroe Tavern Tours, 1332 Massachusetts Avenue
1:00pm	Parker's Revenge Wreath Laying Ceremony ~ TBD
2:00pm	Parker's Revenge ~ A skirmish at The Bluff on the Battle Road, Old Mass. Ave and Route 2A
4:00pm	Tower Park Battle ~ Tower Park, Massachusetts Avenue ~ www.battleroad.org

Sunday, April 16th

9:00am—4:00pm	Battle Green Guided Tours
9:30am—4:00pm	Buckman Tavern Tours, 1 Bedford Street
10:00am—4:00pm	Liberty Ride Tours (1875 Massachusetts Avenue) and Hancock-Clarke House Tours (36 Hancock Street)
12:00—4:00pm	Munroe Tavern Tours, 1332 Massachusetts Avenue
11:30pm	Paul Revere Ride Reenactment ~ Hancock-Clarke House

Monday, April 17th

5:30am	"The Alarm" at the Old Belfry, Belfry Hill
5:30am	Reenactment of the Battle of Lexington on the Battle Green (rain date: Saturday, April 22nd at 5:30am) (Dress Rehearsal — Sunday, April 2nd at 2:00pm; rain date - Saturday, April 8th at 2:00pm)
6:00—10:00am	Pancake Breakfasts (Boy Scout Troop #160 at St. Brigid Church; First Baptist Church of Lexington; and Church of Our Redeemer)
6:00—8:00am	Buckman Tavern Walk Through Tours, 1 Bedford Street
7:30am	Sunrise Youth Parade (Munroe Cemetery to Battle Green)
8:15am	Patriots' Day Ceremonies on the Battle Green
8, 9, 10, & 11am	<i>First Shot!</i> - Film Screening and Q. & A. with British and Colonial Reenactors at the Lexington Depot
8:00am—2:00pm	Buckman Tavern Tours (1 Bedford Street), Hancock-Clarke House Tours (36 Hancock Street), and Munroe Tavern Tours (1332 Massachusetts Avenue)
10:00am	Lexington Lions Club 103rd Annual Five-Mile Road Race ~ http://www.lexingtonlions.org
10:30am	Lexington Minute Men/DAR Wreath Laying Ceremony at the Obelisk, Battle Green
11:00am	USS Lexington Memorial Ceremonies at the Visitors Center, 1875 Massachusetts Avenue
11:15am-12:00pm	Annual Patriots' Day Handbell Concert of Patriotic & American Music ~ Hancock Church, 1912 Mass. Avenue
12:00pm	"What Really Happened That Day" with Lexington Minute Man Dan Fenn ~ First Parish Church (7 Harrington Road)
12:30pm	Float Judging ~ Massachusetts Avenue, East Lexington
1:00pm	Paul Revere Arrives at the Battle Green on Horseback
2:00pm	Patriots' Day Afternoon Parade ~ Massachusetts Avenue and Maple Street to Town Pool Parking Lot

Town Celebrations Committee: (781) 698—4640

Schedule subject to change. More information & updates at www.lexingtonma.gov/patriotsday

Town of Lexington
Recreation & Community Programs
Lexington Community Center
39 Marrett Road
Lexington, MA 02421
(781) 698-4870

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LEXINGTON, MA

THINGS TO LOOK FOR IN THE UPCOMING SUMMER BROCHURE

SUMMER 2017
(published in April 2017)

**Town Pool and Old Reservoir Information
Swim Lesson Schedule and Registration Information
Summer Adult and Lifetime (60+) Classes and Programs
Lexington Community Center Programs
Summer Family Fun Nights and Special Events
Fall Youth NFL FLAG Football League**

